Wednesday's Jackpot
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LOTTO 649

ADVICE FOR MAKING IT ALL WORK
FOCUS ON CONTINUING EDUCATION {pages 39-48}

SET LIST
WHY WOULD CYRUS SWITCH?
DISH {page 26}

TORONTO metro®
Tuesday, November 23, 2010
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News worth sharing.

NHL. Put 'em up

▶ The Leafs' Colton Orr gets the upper hand in a scrap with the Dallas Stars' Krystofer Barch during last night's game.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Leafs leave Dallas seeing Stars

A pair of goals by Nikolai Kulemin helped lift the Maple Leafs to a 4-1 victory last night over the visiting Dallas Stars. For more coverage, see page 50.

His funny face is out of order

Mistrial declared, investigation launched after jury complains to judge about prosecutor's 'strange faces'

Attorney General Chris Bentley says an investigation is underway after a prosecutor's strange behaviour in a Toronto court prompted a judge to declare a mistrial.

The Crown prosecutor reportedly distracted and upset the jurors by making faces during the testimony of Erika Mendieta, who is accused of killing her one-and-a-half-year-old daughter Emmily.

It was Mendieta's second trial, as her first trial ended with a hung jury last year.

The jury sent a note last week to Justice Nola Garton asking that the man sitting in the front row — who turned out to be Crown counsel Paul Alexander — be removed from the court because he was distracting them.

Bentley said that the chief prosecutor is investigating the matter, but wouldn't say whether Alexander — who helped prosecute Mendieta during her first trial — would face any disciplinary action.

But NDP justice critic Peter Kormos said Alexander "screwed up" a serious trial that was close to completion and should find another job.

THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Paul Alexander

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Erika Mendieta

"Dear Your Honour ... We the jury would like to have a male individual removed from the courtroom. We find him very distracting, and he is making strange faces all the time. We feel very uncomfortable with him. He sits to your right, and has blond hair."

LETTER FROM THE JURY TO JUSTICE NOLA GARTON. A DIAGRAM OF THE COURTROOM ACCOMPANIED THE NOTE, MARKING THE SPOT WHERE ALEXANDER SAT WITH AN ASTERISK. "HE SITS HERE!" THE JURY WROTE.

Water festival turns deadly

Stampede in Cambodia kills hundreds of people {page 8}

Toronto slugger named MVP

Joey Votto claims National League's top honour {page 49}

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Miller takes look back – and ahead

As of Dec. 1, the mayor will be a civilian Ipsos Reid poll in August found he would have won third term

Mayor David Miller says he plans to become an adviser to the World Bank on cities issues after leaving office Nov. 30.

In an interview looking back on his seven years leading Canada's largest city, Miller said he will be working with the president of the World Bank. The role will include compensation, but he said it won't be his primary job, which has yet to be announced.

Miller said he will also continue his unpaid role working with the C40 Climate Leadership Group, an association of major cities fighting climate change. Miller chaired the group — which seeks to reduce emissions from fossil fuels — before handing the reins to New York Mayor Michael Bloomberg in September.

In terms of his legacy, Miller said that would be left for others to decide.

The outgoing mayor said he was proud of his achievements in public transit, particularly replacing the city's outdated bus, streetcar and subway fleets, as well as spearheading Transit City.

"Every time we get close to building the public transit we need, people change their minds."
DAVID MILLER ON TRANSIT CITY

On his watch, crime has gone down across the city, thanks in large part to the neighbourhood policing model and investments in priority neighbourhoods. And today, Toronto has become an environmental leader on the world stage.

Meanwhile, mayor-elect Rob Ford and his team have suggested Transit City, priority neighbourhoods funding and some of Miller's environmental initiatives may be in trouble. TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ David Miller talks about his life as mayor with only a week to go in office.

Miller time

Miller was elected seven years ago clutching a broom and promising to clean up corruption at city hall. (The broom is staying with the city archives.)

- **Miller said:** "Anecdotally, I've heard that some of the people involved in MFP (the $80.5-million computer leasing scandal) were at victory parties for various councillors. I don't know if that's true, I wasn't there, but that would be a worry for all Torontonians. The media and council have to be vigilant about that."
- **His first act of duty as a civilian:** Miller says he plans to take a month-long nap.
- **Next on the list:** He will travel to B.C. to visit his 93-year-old uncle.

Teen held after stabbing

Toronto police have a 16-year-old boy in custody after a stabbing outside Riverdale Collegiate in east Toronto.

Const. Tony Vella said an 18-year-old was stabbed in the back outside the school near Gerrard Street East and Jones Avenue just before noon yesterday. He was taken to hospital with a serious but non-life-threatening wound.

A suspect was arrested just west of the school on Gerrard Street. The school was not put on lockdown.

Deadly weekend

It was a violent weekend in Toronto with police investigating eight shootings, including a murder.

- **Melvin Gomez, 24,** is Toronto's 54th murder victim. He was shot Saturday morning in the Peanut Plaza in the east end.
- **A 17-year-old** is charged with attempted murder for allegedly trying to shoot a police officer on Saturday in the Oakwood Avenue and Vaughan Road area. Police allege a teen pointed a semi-automatic weapon at an officer and fired, but it failed to go off.
- **Another shooting** early Saturday near Lawrence Avenue and Jane Street left two men with bullet wounds, one to the neck and the other to the chest.

THE CANADIAN PRESS

News in brief

CRA employee facing charges

TORONTO. Provincial police say they have charged a Canada Revenue Agency (CRA) employee with charges, including fraud and forgery. Police allege a CRA employee accepted money while claiming to be a consultant able to deal with taxpayer-related matters.
THE CANADIAN PRESS

SIU probing balcony death

MISSISSAUGA. Ontario's Special Investigations Unit is probing the death of a man in Mississauga. Peel police say two officers were investigating a domestic dispute Sunday afternoon in an apartment building at 2770 Windwood Dr.

During the investigation a man fell from the balcony and died. Eight investigators and two forensic investigators have been assigned to the investigation.
THE CANADIAN PRESS

1 news

News on the move

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Bolivia welcomes U.S. official with a stern lecture on U.S. behaviour. Scan this code for the story

▶ Terri Jean Bedford

PROSTITUTION LAWS

"WE'RE GOING TO TAKE THIS DEAD LAW ALL THE WAY TO THE FINISH LINE"

An Ontario court of appeal judge will reserve judgment on arguments made yesterday by the federal and provincial governments, who pleaded with the court to extend a 60-day stay on a controversial ruling to strike down Canada's prostitution laws.

Justice Marc Rosenberg said he will likely have a decision by Saturday — the expiry date of the current stay. But, if he doesn't, all sides agreed the stay would remain in place until a judgment has been released.

If the motion is rejected, prostitutes will be able to communicate freely with customers on the street, do business in their homes or brothels and hire bodyguards — all without exposing them to the risk of criminal charges — as early as this weekend.

The Crown would like the stay extended until a proper appeal has been heard. "Things are changing, I can guarantee that," said dominatrix, Terri Jean Bedford, on the courthouse steps. "We're going to take this dead law all the way to the finish line."

At the end of September, Ontario Superior Court judge, Justice Susan Himel, struck down Canada's prostitution laws, saying provisions meant to protect women are "contributing to the danger faced by prostitutes," and violating their rights.

Technically, prostitution is legal in Canada. But much of what would allow a woman to practice her trade — like living off the avails of prostitution, running a bawdy house and communicating to sell sex services — is illegal.

TORSTAR NEWS SERVICE/WITH FILE FROM THE CANADIAN PRESS

Be-leaf it: They are big

- Battle of maple leafs brewing, and this has nothing to do with hockey
- Two area kids claim to have Guinness-worthy leaves; another in B.C.

THE CANADIAN PRESS

▶ Nine-year-old Joseph Donato of Pickering shows off the giant maple leaf that he picked up on his way home from a park last month. Without the stem, the leaf measures more than 33 by 29 centimetres, bigger than some serving platters.

A battle of the maple leafs is breaking out all over the country, and now even the Toronto Maple Leafs have unwittingly jumped into the fray, perhaps prematurely.

Just last week, Joseph Donato of Pickering caught the eye of the Guinness World Record people by finding a maple leaf that measured 33 cm wide by 38 long, including the stem.

Guinness officials heard rumours of his big leaf through a local newspaper, and they approached him, awarding him the Guinness World Record plaque on Guinness World Records Day, a well-publicized event on Nov. 18.

The Leafs, who haven't won a Stanley Cup since 1967, got wind of this record achievement and have made attempts to contact Donato and invite him to a Leaf game.

However, now there is a flurry of other record wannabes across the country claiming to have bigger maple leafs.

Randy Steel and her daughter, Eve, 10, of Vancouver say they have a leaf that measures 44 cm by 34.

On the weekend, another Ontario challenger, nine-year-old Nolan Toner, emerged, claiming his maple leaf is 43 cm wide by 38 long.

Steel's leaf is wider, but Toner's is longer and has more overall mass.

One option is to have an adjudicator on site at the record attempt, but there's a charge for that, which will could include travel, accommodation and the adjudicator's fee.

Toner, a Grade 4 student at William Burgess Public School, says he found his leaf on Nov. 14 at Mount Pleasant Cemetery during a walk with his parents.

He found the leaf somewhere between the graves of Alexander Muir, composer of The Maple Leaf Forever, and the grave of William Lyon Mackenzie King, the former Prime Minister.

Toner's father, Tom, said, "My son was collecting leaves to put on Alexander Muir's grave site because we thought it would be nice for the man who wrote 'The Maple Leaf Forever' to have a maple leaf on his grave site."

Prove they measure up

Spokespersons for Guinness World Records say they're not rushing to verify any new claim because now the onus is on the claimants to prove their leaves measure up.

They welcome all claims.

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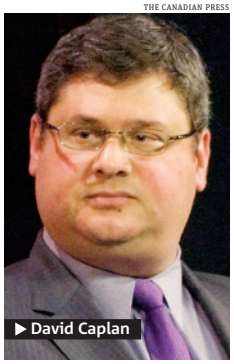
Province won't revive photo radar

THE CANADIAN PRESS


▶ David Caplan

Ontario's Liberal government is rejecting a proposal from one of its own backbenchers to bring back photo radar at construction sites and school zones.

Former health minister David Caplan has introduced a private member's bill that would give municipalities the authority to install photo radar cameras near construction sites and schools.

Caplan says the cameras will slow drivers down and help protect workers at the side of the road and kids near school playgrounds.

The cameras would snap a picture of a speeding car and mail a ticket to the driver, but there would be no demerit points.

Transportation Minister Kathleen Wynne says there are no plans to reinstate photo radar, which was introduced by the NDP in the early 1990s, but removed by Tory premier Mike Harris in the mid-'90s.

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In 2007, Tim Hortons introduced MasterCard payments, along with a pre-paid Tim Card But those options may have stoked demand for debit

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Roland Walton, Canadian chief operations officer for Tim Hortons, buys a coffee on his debit card from Jane Salem.

Coffee lovers rejoice! After years of resistance, Tim Hortons Inc. is bowing to consumer pressure and will now accept debit card payments in the bulk of its Canadian stores, the Toronto Star has learned.

Canada's iconic coffee chain, which is set to announce its national debit rollout today, says customers have been increasingly asking to pay with bank cards. The move comes about three years after the company first rolled out the option of paying by MasterCard and a reloadable Tim Card.

Cash is still king with Tim Hortons customers. But with non-cash payments the wave of the future for quick-serve restaurants, Tim Hortons is finally confident the technology won't slow service.

"Debit is a very popular form of payment in Canada," said chief operations officer Roland Walton. "We see it as a great opportunity to give the guest what they are looking for."

Previously, only locations in Western Canada accepted debit. The company first introduced it in Alberta in 2003. It later extended it to stores in B.C. and Saskatchewan. "The demand in the west was the strongest," Walton said.

That inconsistent policy has irritated Eastern Canadian customers, who are increasingly migrating to electronic payments.

TORSTAR NEWS SERVICE

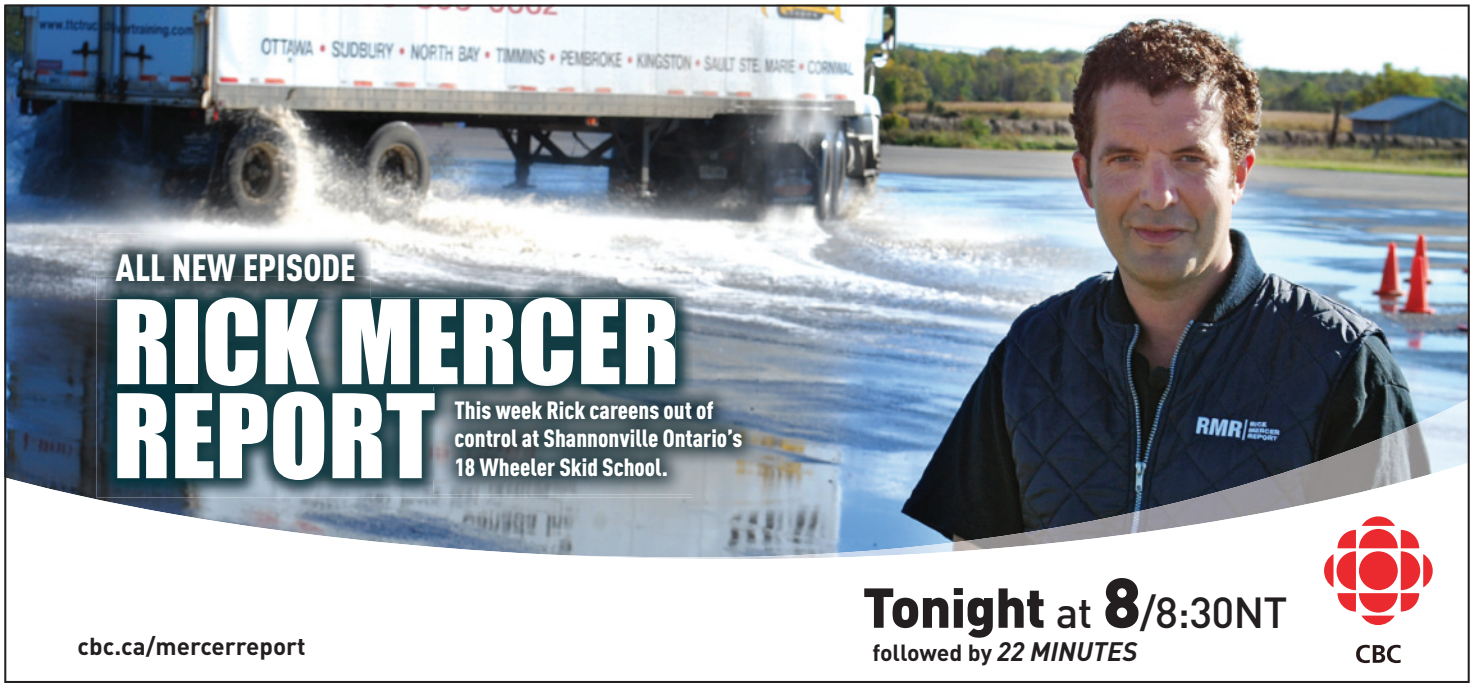
90%
Interac debit will now be accepted in about 90 per cent of its 3,082 Canadian locations — both in store and at the drive-thru.

Wintry weather is back today

Yesterday's balmy weather is projected to plunge to more seasonal temperatures by this afternoon, according to Environment Canada.

As of yesterday, temperatures were forecasted to remain in the double digits overnight, said Geoff Coulson, a meteorologist with Environment Canada.

A cold front was expected to blow its way into Toronto by late morning, with winds gusting up to 60 km/h, dropping the thermometer to 4 C by 4 p.m. "People shouldn't dress for what the temperature is like first thing Tuesday," Coulson said. "By late afternoon, it's going to feel like a totally different day." TORSTAR NEWS SERVICE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Hundreds killed in stampede

Cambodia's 'biggest tragedy since the reign of the Khmer Rouge,' says president ◐ Death toll expected to rise

HENG SINITH/THE ASSOCIATED PRESS

▶ An injured person is carried to safety yesterday after a stampede in Phnom Penh, Cambodia.

Thousands of people stampeded during a festival in the Cambodian capital yesterday, leaving more than 330 dead and hundreds injured.

Some in the panicky crowd — who were celebrating the end of the rainy season on a sliver of land in a river — tried to flee over a bridge and were crushed underfoot or fell over its sides into the water. A witness who arrived shortly after the stampede described "bodies stacked on bodies" on the bridge as rescuers swarmed the area.

Ambulances raced back and forth between the river and hospitals for several hours after the stampede. Calmette Hospital, the capital's main medical facility, was filled to capacity with bodies as well as patients, some of whom had to be treated in hallways. Many of the injured appeared to be badly hurt, raising the prospect that the death toll could rise as local hospitals became overwhelmed.

Prime Minister Hun Sen, in his third post-midnight live television broadcast, said 339 people had been killed and 329 injured. He described the chaos as the biggest tragedy to strike his country since the communist rule of the Khmer Rouge, whose radical policies are blamed for the deaths of 1.7 million people during the 1970s.

He ordered an investigation into the cause of the stampede and declared Thursday would be a national day of mourning. Government ministries were ordered to fly the flag at half-mast.

THE ASSOCIATED PRESS

Festival facts

- Authorities had estimated that upward of 2 million people would descend on Phnom Penh for the three-day water festival, which marks the end of the rainy season and whose main attraction is traditional boat races along the river.
- Soft drink vendor So Cheata said when 10 people fell unconscious in the press of the crowd, this set off a panic, which then turned into a stampede. Many people were then caught underfoot.

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Drug smuggling starts with demand, czar says

PAWEL DWULIT/THE CANADIAN PRESS

▶ Gil Kerlikowske

America's drug czar says the United States can slow the flow of illegal narcotics from Canada by getting its own drug problem under control.

Gil Kerlikowske, director of the White House Office of National Drug Control Policy, said yesterday that getting more Americans off drugs will help reduce all the ecstasy, meth, heroin, marijuana and cocaine coming into the U.S.

Kerlikowske, a former police chief in Seattle and Buffalo, said guns and drugs still move freely across the Canada-U.S. border.

"Smuggling of narcotics can often go into the United States, and in turn the flow of firearms into Canada, and I don't think that has changed in the many years I've spent along the border, unfortunately," Kerlikowske said.

"I think that's why it's also so important to deal with the demand, because if we reduce our own consumption in the United States, if we prevent young people in Canada and the United States from using drugs, it will really help."

Canada has become a major trafficking hub for meth and the club drug ecstasy.

The U.S. Department of Justice blames Asian drug gangs based in Canada for a resurgence of ecstasy use. The department says the amount of ecstasy seized at the Canada-U.S. border increased 594 per cent between 2004 and 2009.

Many of these drugs enter the U.S. from Ontario and British Columbia.

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Mothers rally against Taser use

DARRYL DYCK/THE CANADIAN PRESS

▶ Zofia Cisowski

The mothers of two men who died after being Tasered by police say they are forming a national group that will work to ban electronic stun guns.

Zofia Cisowski is the mother of Robert Dziekanski, who died at Vancouver International Airport three years ago after being Tasered by RCMP.

She is in Edmonton to show support for Bev Grimolfson, the mother of Trevor Grimolfson, who died after Edmonton police hit him with a Taser multiple times on Oct. 29, 2008.

The two women say they are also seeking greater police accountability and justice for Taser victims and their families

A fatality inquiry into Grimolfson's death began yesterday.

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Big day for body scans

Civil liberties group says it has received more than 600 complaints over 3 weeks from U.S. air travellers

TED S. WARREN/THE ASSOCIATED PRESS FILE

▶ A passenger walks past a sign informing travellers about the use of full-body scanners for security screening at Seattle-Tacoma International Airport.

The United States' airport security chief urged travellers not to boycott full-body scans tomorrow — one of the busiest flying days of the year — as the U.S. Thanksgiving holiday approaches with some Americans in a foul and rebellious mood.

U.S. Transportation Security Administration chief John Pistole said yesterday that such delaying actions would only "tie up people who want to go home and see their loved ones."

"We all wish we lived in a world where security procedures at airports weren't necessary," he said, "but that just isn't the case."

There was little if any indication of a revolt yesterday as passenger screening appeared to go smoothly at many major U.S. airports, with very few people declining the X-ray scan that can peer through their clothes. Those who refuse are subject to a pat-down search that includes the crotch and chest.

In Canada, the physical search procedures are "a little different" than those in the U.S., said Canadian Air Transport Security Authority spokesman Mathieu Larocque, but he declined to discuss them for security reasons.

A CATSA video indicates such searches are to be performed by glove-clad screeners who may cup a traveller's arms and legs with their palms and use the backs of their hands to inspect sensitive areas, such as a woman's chest.

The full-body scanners used in Canada rely on millimetre-wave technology, unlike the X-ray technology that has raised concerns in the U.S., Larocque said.

In addition, the scanner is used in Canada only if someone is selected for secondary screening, unlike in the U.S., where scanners are sometimes used for primary screening, Larocque said.

THE ASSOCIATED PRESS

Not gonna take it

▶ A loosely organized Internet campaign is urging people to refuse the scans tomorrow in what is being called National Opt-Out Day.

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News in brief

Dubious record set in Durham

DRUNK DRIVING. It's a record Durham Region police call shocking.

Police say 21 people were charged with drinking and driving offences in the first week of the annual holiday RIDE program. That's up from 13 during the same period last year and the most ever for an opening week of the campaign.

As well, 22 motorists received three-day suspensions for registering a warning level, up from 17 the previous year.

THE CANADIAN PRESS

Ignatieff endorses vote on 2014 plan

Michael Ignatieff says he is willing to go along with the idea of a vote in the Commons on the latest proposal by the Harper government to keep Canadian troops in Afghanistan.

The Liberal leader said he would not propose a vote himself, but if there is one, "we have no problem with that."

Ignatieff's party had a chance to force a vote last Thursday on its Opposition day, but chose not to.

Bloc Québécois Leader Gilles Duceppe says there will be a motion in the Commons Thursday on the government's decision to keep Canadian troops in war-ravaged Afghanistan until 2014.

But Duceppe admits the government can ignore the result of the vote.

THE CANADIAN PRESS

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NATO's man in Afghanistan says kids in Kabul may be safer than kids in New York. Scan code for story.

Cops snuff out peace demo in Beijing

Boy from Mississippi trying to persuade leaders to work for reunification of the two Koreas

A 13-year-old American boy campaigning to turn the demilitarized zone between North and South Korea into a peace park tried to get the Chinese president's attention yesterday, staging a brief protest near Tiananmen Square before being led away by police.

Jonathan Lee unfurled a sign saying "peace treaty" and "nuclear free DMZ children's peace forest" as he stood outside Tiananmen Gate just north of the square in central Beijing.

Less than a minute after Lee began his demonstration, a man presumed to be a plainclothes police officer grabbed the boy's sign and waved away watching journalists, who had been contacted by Lee's family ahead of time. Three or four uniformed police officers then hurriedly escorted Lee and his mother away without commotion.

THE ASSOCIATED PRESS

Tiananmen

- The scene of numerous demonstrations over the years, the gate and square remain some of the most tightly controlled public spaces in China and all protests on it are quickly snuffed by security agents, sometimes violently.

China. Coal mine

▶ Miner Liu Hengqiang, centre, is rescued yesterday.

JIANG HONGLING/THE ASSOCIATED PRESS

Miners rescued in China

Barefoot and wrapped in quilts, 29 miners were pulled out of a Chinese coal mine yesterday after being trapped by a flood and waiting a day for rescuers to pump out water. Crowds of workers, reporters and others cheered as they were taken to ambulances.

WikiLeaks drops hint of lots more to come

WikiLeaks says that its next release will be seven times the size of the Iraq war logs.

The secret-spilling website sent the message in a brief message posted to its followers on Twitter yesterday. It gives no information about the content of the coming release or its exact timing, making a reference only to the "coming months" in a separate tweet sent about an hour later.

THE ASSOCIATED PRESS

400,000
secret documents were leaked in the Iraq war logs, the biggest leak in U.S. intelligence history.

Conviction in 2001 murder of D.C. intern

JACQUELYN MARTIN/THE ASSOCIATED PRESS FILE

▶ Guandique

A jury has found Salvadoran immigrant Ingmar Guandique guilty of murdering Washington intern Chandra Levy back in 2001.

Guandique was convicted of two counts of first-degree murder for attacking Levy while she exercised in Washington's Rock Creek Park in May 2001.

Her disappearance made headlines when she was romantically linked with then-Rep. Gary Condit, whose career disintegrated.

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POPE ON CONDOM USE

Wants a debate: Insider

Pope Benedict XVI sought to "kick-start a debate" when he said some condom use may be justified, Vatican insiders say, raising hopes the church may be starting to back away from its total ban and allow condoms to play a role in the fight against AIDS.

For years divisions in the Vatican have held up any effort to reconcile the church's ban on contraception with the need to help halt the spread of AIDS. Theologians have studied the possibility of condoning limited use, and reports years ago said the Vatican was considering a document on the issue, though opposition apparently blocked publication.

Conservative Benedict previously had shown little sign of budging on the issue of condoms.

THE ASSOCIATED PRESS

Paramedics injured in freezing rain

Paramedics say two ambulances with emergency lights flashing were rear-ended in Ottawa after responding to collisions during freezing rain late Sunday night, resulting in injuries to four paramedics.

They were treated by other paramedics and did not continue on duty.

THE CANADIAN PRESS

Baby boomers in the U.S. are the unhappiest age group when it comes to their sex life.

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Scandals dent image of India's Mr. Clean

THE ASSOCIATED PRESS FILE

▶ Indian Prime Minister Manmohan Singh's reputation as a rare leader with clean hands is under threat from the mud slinging of Indian politics.

Top court asks PM to explain delay in probing tainted 2G auction

India's Mr. Clean has finally been pulled down into the muck of local politics.

Prime Minister Manmohan Singh, credited with unleashing India's explosive growth, stands accused of dragging his heels while one of his government ministers presided over a telecommunications scandal that cost the country billions of dollars.

The Supreme Court has issued an unprecedented rebuke to the prime minister and is demanding his government explain itself. The opposition has paralyzed parliament in protest.

While there is no suggestion Singh benefited personally from the scandal, his reputation as a rare leader untainted by India's crass political deal-making has taken a serious hit.

"A fortnight ago, Prime Minister Manmohan Singh was the toast of the nation. Today, however, he is faced with what could well be India's own Watergate."

THE ASIAN AGE NEWSPAPER

The allegations concern the 2008 sale of second-generation, or 2G, cellular licences run by then-Telecoms Minister Andimuthu Raja. The sale netted India 124 billion rupees ($2.7 billion US), an amount that seemed absurdly low after an auction of 3G licences this May raised 677 billion rupees ($14.6 billion US).

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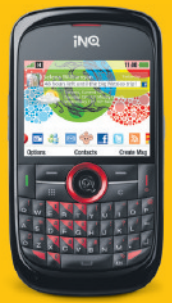

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MOM AND DAD, IS THAT REALLY YOU?

She says ...

JESSICA NAPIER

I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

I have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of reaction.

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that, yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling, cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

Crowd-sourced photo blog myparentswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of "parents when they were super-awesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fashions and plenty of oversized glasses.

> **"Theirs was a passionate generation that embraced recreational drug use, free love and real political activism."**

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, better clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more fun.

What do we have? Sky-high rent, digital friendships and bedbugs.

To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, "Those are nice darling, but I had the originals."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Sink your teeth into this

Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark capture.

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning — the practice of slashing prized fins off the animals and tossing them overboard to die — as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucrative target.

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group.

THE ASSOCIATED PRESS

Disappearing act

Is 3-D just another fad or here to stay?

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Metro Minute at H.C. Sanders

Back when we were in grade school, riding on that early morning bus all bleary-eyed and groggy, we used to wish the world was made of pillows and blankets so we could simply roll over and go back to sleep. And if we had known about them back then, our entire fantasy would have been made of luxurious, fluffy H.C. Sanders duvets. The German bedding brand, which has been providing folks with their best night's sleep for 125 years, opened its first Canadian outpost at 104 Avenue Rd. last week. Just stay away during office hours, because the second you sit down on one of their window displays, your power lunch could easily turn into a public power nap.

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DARREN CALABRESE/THE CANADIAN PRESS

▶ Minister of Finance Jim Flaherty visits with Mike Bucci and his daughters around the kitchen table at the Bucci's home yesterday in Oakville as part of a series of discussions with Canadians on the shape of the 2011 budget.

Hey, no more big spender, says Flaherty

Finance minister says Ottawa cannot risk the economic recovery ◐ Budget expected early next year

Ottawa will continue to cut business taxes to spur job creation but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty.

In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007.

Flaherty said an academic study of the plan concluded it would lead to $49 billion in greater capital investment and 233,000 new jobs in Canada in the years ahead.

"To increase taxes on businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains fragile," the minister told the Oakville Chamber of Commerce as part of his pre-budget consultations.

The 2011-12 federal budget is expected in late February or early March.

Flaherty has warned for months that Canadians should not expect any new spending programs in the coming budget that would trigger a rise in the deficit. In fact, Ottawa will begin to pare down its deficit beginning this year with spending restraint and the elimination of waste.

"We will not make significant new government spending commitments this year that would trigger bigger deficits and higher taxes," he said. "We simply cannot afford to risk the economic recovery … by running large deficits longer than necessary." THE CANADIAN PRESS

Bernier's view

In Montreal, Conservative MP Maxime Bernier predicted Flaherty will table a tough budget next year.

▶ **Bernier said:** "We will have to cut spending without increasing taxes, without cutting transfers to provinces and we will have to look in our own court and we will do it."

iPad gets wireless printing

Apple says new software available yesterday will allow owners of the iPhone, iPod Touch and iPad to print wirelessly over Wi-Fi networks. The update will also allow iPad users to switch quickly between applications for the first time, addressing one of the key drawbacks identified by Apple Inc. fans.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
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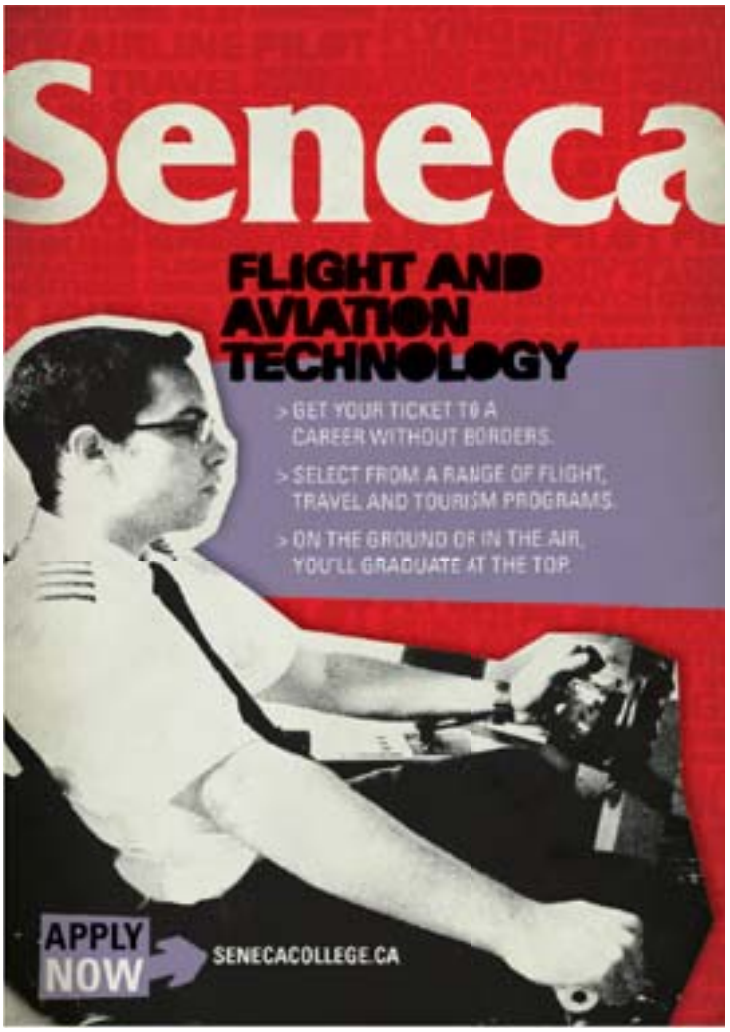
Oil	**Natural gas**
– 24¢ US ($81.74 US)	1,000 cu ft $4.271 (+ 10.7¢)
	Gold contracts $1,357.80 (+ $5.50)

Scotiabank in a $2.3B acquisition

Scotiabank is paying $2.3 billion to buy up the shares it doesn't already own in investment firm DundeeWealth. The acquisition will add a major wealth-management business to the bank's stable of financial services operations. The Dundee companies are controlled by the Goodman family.

THE CANADIAN PRESS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Residents of Northwest Territories, Yukon or Nunavut are excluded from the RYR Program and are therefore ineligible for GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information.

PETER MORRISON/THE ASSOCIATED PRESS

▶ Police hold back Sinn Fein protesters yesterday at the Government Buildings in Dublin.

PM facing ouster over debt crisis

- Irish banks fall as EU-IMF aid doesn't ease fear
- U.S. welcomes application for massive loan

Investors sold off Ireland's bank shares and the government struggled to survive after conceding it will need a massive bailout, a measure meant to contain Europe's debt crisis but which experts say will fail to protect other vulnerable countries, particularly Portugal.

Ireland's rescue, which follows Greece's in May, is the EU's latest attempt to win back market confidence and keep its euro currency union from unravelling. But the cost — both monetary and political — is rising and likely to swell further. Prime Minister Brian Cowen's government faced an immediate threat to its survival as coalition allies in the Green Party — stung by Ireland's surprise weekend decision to seek a bailout that could approach $140 billion US — threatened to withdraw unless he announces a January national election. Analysts agreed that Cowen faces almost certain ouster from office within weeks, possibly by lawmakers within his own Fianna Fail party. If not, the Greens' demand means he will lose his majority anyway by the new year and parliament will be dissolved for a winter election. THE ASSOCIATED PRESS

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2 scene

Nickelback

Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Canada awards yesterday. They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers, George Canyon, Doc Walker and Great Big Sea. Spirit of the West was presented with the National Achievement Award for its career.
METRO

Inside the Disney Vault: Epic Mickey video game draws on Disney history

▶ Mother Gothel, voiced by Donna Murphy, left, and Rapunzel, voiced by Mandy Moore, are shown in a scene from the animated film, Tangled.

A Disney princess-sized dream: Moore

In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says ◗ Rapunzel story has a feminist streak

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the title, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around long after I'm gone."

"To be a Disney princess in a Disney film, it has been a total dream come true."
MANDY MOORE, TANGLED

And it wasn't just career bragging rights that drew Moore to the project. "I loved having the opportunity to portray a young woman who is so fearless," she says. "She's not a victim, she's not naïve; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its head."

Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

Pop hits
Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

Background
Born Amanda Leigh Mandy Moore on April 10, 1984, in Nashua, N.H.

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GETTY IMAGES

▶ Billy Bob Thornton says he is not happy with the films coming out of Hollywood.

Teaching a lesson through a tale of violence

Billy Bob Thornton stars as a flawed cop set out for revenge Says movies today made for video game generation

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on my son about constantly, these games are people killing for fun, and I think traditionally in movies there's always been some kind of lesson in the violent movies."

It's that idea of a lesson that drew him to his latest film, Faster, a violent tale of an ex-con (Dwayne Johnson) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing.

"Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things, or whatever they are."
BILLY BOB THORNTON,

"This movie actually shows what prisons create, what murder creates. It shows this perpetual, violent string of events," he says.

Thornton's character, simply named Cop in the film, has plenty of issues, including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says.

"A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."

Another aspect that drew him to Faster was the lack of computer effects, giving the film an almost retro feel.

"But this movie did not rely on computers and things like that. People are saying it was like a '70s movie. It kind of is. It does have a contemporary feel because of the editing and all this kind of stuff, the sound design.

"But, at the same time, it is a real movie. If we're chasing each other down a hallway, it's a hallway."

STAGE DEBUT

From Lost to British stage

GETTY IMAGES

▶ Fox

The man known to television fans worldwide as Dr. Jack Shephard from Lost is set to debut on the British stage.

Matthew Fox led a cast of marooned travellers for nearly six years on the television series Lost but will now lead a cast of two: he will play Bobby, a crass American carpenter in the inaugural production of In a Forest, Dark and Deep by Tony Award-nominated playwright Neil LaBute.

Forest will centre on the sibling rivalry between Bobby and his university dean sister, Betty.

Betty will be played by Olivia Williams, the British actress known for her roles in movies such as The Sixth Sense and The Ghost Writer.

The production will debut in March 2011 at the Vaudeville Theatre in London's West End.

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Movie is just a bit blah

Eat Pray Love (Sony Pictures)
½

It's munch, babble, yawn as TV director Ryan Murphy (Nip/Tuck, Glee), combines his mastery of the superficial and a vapid best-seller for a big-screen non-event.

Based on Elizabeth Gilbert's best-selling empowerment memoir of a year post-divorce, the film stars Julia Roberts, Javier Bardem, Billy Crudup, James Franco and Richard Jenkins.

With a Hollywood cast like this, you could be forgiven for imagining a stellar film could be wrought from the source material. Sadly, Murphy manages to do what Hollywood does best — reducing Gilbert's slim story of a year spent eating in Rome, praying in an Indian ashram and loving in Bali — to something as frothy and shallow as the foam on a caffe macchiato.

Roberts, 42, retains her magnetic smile and supernatural attraction to the camera, but it strains credulity that she could chow down in Rome on everything that doesn't move without serious poundage gain.

In the Indian segment, Jenkins does fine work as the scruffy, bespectacled Texan Richard, who in a better movie could have been an interesting romantic focus.

Bardem, on the other hand, is the love interest in Bali, but viewers hoping for sizzling sex are advised to bank down their enthusiasm — Bardem doesn't show up until 103 minutes into the 2 hour, 20-minute film. By then, we might not care.

Extras are featurettes, most of them on the Blu-ray. PETER HOWELL

The Expendables

In his latest cinematic eruption actor/director Sylvester Stallone rounds up his entire Facebook posse to crack jokes and help him reload as he initiates violent regime change against a South American dictator.

Jason Statham, Jet Li, Dolph Lundgren, Mickey Rourke, Bruce Willis, Randy Couture, Steve Austin, Terry Crews and even Arnold Schwarzenegger show up for the gangs-all-here action picture. (Jean-Claude Van Damme and Steven Segal begged off from this testerone-fuelled tempest).

Balancing the machismo is the Latin hottie Giselle Itie as the beautiful, politically complicated Sandra. Sly is prepared to get himself and his mates blowed up real good for her spurious love. But at 27, she undoubtedly thinks the 64-year-old Sly's too old for her. Not that this makes much difference, for The Expendables acts as if Father Time was whacked sometime in the 1980s, when most of this muscle-bound crew were in their heyday.

The Expendables might have been a movie about old warriors not going gently into that good night, something along the comic lines of Space Cowboys. Instead, it yawningly snaps into place as yet another series of explosions dressed up with no place to blow.

Extras include a commentary by Stallone, a deleted scene, a making-of featurette and a gag reel. PETER HOWELL

STOP TORTURING US WHEN YOUR TIME'S UP

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

If Andy Warhol were alive today he would have probably added about one minute and twelve seconds to his quote that "everybody will be world famous for 15 minutes."

The extra time is as long as Steven Slater — the ex-Jet Blue flight attendant who famously ended his career by swearing at passengers and jumping down an emergency slide — appears in a rap video advertising a mobile app.

The video, which sees Slater rapping and smirking and looking oddly like Star Wars' Emperor Palpatine, may feature one of the worst hip-hop songs ever made, but he's not the only pseudo-celebrity to try — and fail — at extending fame with a music video. Here are three more must-avoid clips:

Heidi Montag: Blackout
Most people would agree that Hills star Montag should have stuck to faux-reality TV than venture out into the music world, but clearly this is a woman bent on keeping her 15 minutes going.

Her video for Blackout, off her 2009 EP Here She Is, consists solely of Montag writhing around a beach in a bikini. It's a little hard to pay attention to the song, but that may be because it sounds more like one of those tunes your friends in grade seven wrote for the school talent show than a track for mass consumption.

Levi Johnston: After Love
At least Bristol Palin's ex had the brains not make a music video that he sings in himself, but that doesn't make me want 4:46 seconds of my life back any less.

The Wasilla, Alaksa mayoral candidate and Playgirl centerfold, stars in Minneapolis R&B singer Brittani Sensor's music video for her song After Love.

He plays a guy whose girlfriend's mom doesn't approve of her daughter's choice in boyfriend. Sound familiar? Johnson's sweaty cuddling is gross, and even worse, unconvincing.

Paris Hilton: Stars are Blind
Hilton's done a lot worse to keep her time in the spotlight going than make an atrocious music video, but after people saw her spot for Stars are Blind you couldn't help but talk about it.

The cheesy synth Reggae intro, the heavily edited vocals and the bland chorus (is there even a chorus? It's hard to tell) make this song even worse that Montag's.

And, like her reality star cohort, Hilton's video mostly takes place on a beach with her in a bikini. At least they hired a few other actors for the shoot.

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Feist set to record her fourth studio album

CONTRIBUTED

▶ Leslie Feist's international breakthrough came with the release of The Reminder, which propelled her from from indie darling into a bona fide — if reluctant — pop star.

But singer cagey about new songs at T.O. premiere of her documentary

Leslie Feist says she's heading into the studio this winter to record her long-awaited fourth studio album, but declined to provide any further details on the new material during a public appearance in Toronto on Sunday.

Speaking at a packed question and answer session at the Royal Ontario Museum following the Toronto premiere of her documentary Look at What the Light Did Now, Feist seemed reluctant to discuss her first album of new material since 2007's Grammy-nominated breakout hit, The Reminder.

"That's like asking what colour my underwear are," she responded when host George Stroumboulopoulos asked how many new songs she had written. "I would rather just remain silent."

"Not that I ever might have the choice again, but I wouldn't rush to play big, giant places like that again."

LESLIE FEIST, REFERRING TO TORONTO'S AIR CANADA CENTRE

Feist — a Calgary native who moved to Toronto in the '90s — noted the enthusiastic support of the "hometown" crowd who lined up outside on a chilly evening to see Look at What the Light Did Now.

The documentary delves into the creative process behind each element surrounding The Reminder, including its music videos, intricate stagecraft and the recording of the music itself. THE CANADIAN PRESS

T.I. opens up about drugs

T.I. says his drug problem started when he received prescriptions for Oxycontin and hydrocodone after a series of dental surgeries this year. T.I. said he is now clean and sober, thanks in part to his September arrest in Los Angeles. THE ASSOCIATED PRESS

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Bieber Fever hits Toronto!

Island/Universal Music Canada

He's got talent and looks, famous friends and fans all over the world. But Justin's incredible popularity all stems from his dedication to music and genuine love of performing. "He's always so happy onstage," says Bieber fan Caoimhe, 14. "And he's always happy to meet his fans."

"And girls think he's hot," says Claire, 11. "He's close to our age and he's a good dancer—crazy good. And he can make it sound like he's singing right to you." Claire has friends who paper their bedroom walls with Justin's posters. One hung up so many pics you couldn't see the inside of her locker door. That girl's the truest belieber Claire's ever met. "She went to see his Calgary show in September. She was way up—in the nosebleeders—and she still remembers every outfit he wore. She loved it."

So did everyone else. That show at the Pengrowth Saddledome was sold out. 15,000 fans screamed, cried and danced their way through Justin's 90-minute show—their volume never went down, and Justin gave all that energy right back. He sung "Never Let Me Go," "Up," "One More Time"; he played "One Less Lonely Girl" on acoustic guitar while flying over the crowd in a giant heart; he even covered Michael Jackson's "Wanna Be Startin' Something." "Baby" closed the show, but no one wanted him to leave.

It's been the same in every city on Justin's My World 2.0 tour. Crowds exploded in Winnipeg, Regina and Edmonton. A group of kids travelled six hours to hear Justin sing in Saskatoon—the tickets were their school's reward for perfect attendance. And now Justin's headed to Toronto: his biggest show yet. Where are you going to be when Justin hits a sold-out Air Canada Centre tonight?

15,000 fans screamed, cried & danced their way through Justin's 90-minute show!

Got Bieber Fever?

...then you'll get 10 out of 10 on this JB quiz

1. Justin's fans called 'True Beliebers.'
2. Justin is claustrophobic.
3. Justin plays guitar, piano, violin and clarinet.
4. Justin is an only child.
5. Justin's famous friends include Usher and Taylor Swift.
6. One of his favorite songs for karaoke is Guns N' Roses' 'Welcome to the Jungle.'
7. He is ambidextrous.
8. Upon hearing that My World debuted at #1 in Canada, Justin's first words were: "Oh my gosh!"
9. Justin once competed in a local singing competition called Stratford Idol.
10. Before being discovered, Justin had never been outside of Canada.

(answers at bottom of page)

Are you Justin Bieber's type?

Off-stage, Canada's singing sensation is a regular teen. He loves games, good times with friends, Facebook, Twitter, texting and food. And no surprise: he's a big fan of music. If you get a chance to meet him, here's a few things you can chat about.

Playing one instrument's easy—Justin plays four, and he's self-taught.

Performing is hard work. Justin refuels with serious sustenance like Big Foot candies and tomato and mayonnaise sandwiches.

Justin loves a mix of old and new music. His favorite albums include classics like Michael Jackson's Thriller and Guns N' Roses' Appetite For Destruction, along with modern hits like Kanye West's Graduation, and Usher's Confessions. His all-time favorite is II, by Boyz II Men.

When he's not onstage, in practice, or resting up, Justin loves to jet-ski.

SMALL-TOWN CANADA'S GIFT TO THE WORLD

He's in the papers; on bookshelves; on the Web; on radio and TV. And soon, Justin Bieber's going to be a movie star. How did a twelve-year-old from Stratford, Ontario become a global icon in just a few years? Hard work helps. But it all boils down to talent, and Justin's got a ton of that. How many kids do you know who play four instruments? Justin can. He sings, dances and co-writes his own songs, too. He's a musical prodigy who rubs elbows with the likes of Usher, Rihanna, Beyoncé and Taylor Swift... and they're his fans!

Justin's living his dream, and he owes it all to his listeners, the most loyal on earth: Over six million Twitter followers; more than 15 million Facebook fans; two double platinum albums here in Canada; millions awaiting his new acoustic album, due November 26. Beiber Fever is big business, and getting bigger.

Too big even for music. Justin's an actor too, showing his comedy skills in skits for Funny Or Die and Saturday Night Live and turning even more heads with his dark role on CSI: Crime Scene Investigation. Fans tuning in to see the happy, soulful stage artist found something new: a brooding teen caught between the cops and his desire to protect his brother on the run. It's a different side of this multi-talented performer.

Fans looking for more can find it in the pages of Justin's autobiography, Justin Bieber: First Step 2 Forever: My Story. That might just tide them over until February 11th, 2011, when Never Say Never, Justin's feature film, hits the theatres. It's a personal look at Justin's life, complete with 3-D footage from his current 'My World 2.0' tour. You can't get much closer than that.

1. True **2.** True **3.** False. He plays guitar, piano, trumpet and drums. **4.** True **5.** True **6.** False, but he does sing to 'Sweet Child o' Mine.' **7.** False. Justin's left-handed. **8.** False. They were "Holy crap!" **9.** True **10.** True

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Taylor Swift
Grammy Winning
Singer/Songwriter

Just call her 'Your Highness'

Miss Middleton lets it be known: There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly. And it's not a request that came from William's royal family.

"This was not a request by any officials or the Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Nicholls tells the magazine.

"It also dumps the stupid 'Waity Katy' nickname. "'Waity Catherine' doesn't have quite the same ring to it."

METRO

▶ Kate Middleton and her Prince.

Split hard on Cox's daughter Coco

While her marriage to David Arquette has been going through a very public meltdown, Courteney Cox has been putting on a brave face, her Cougar Town co-star Josh Hopkins tells People magazine.

"If we weren't friends and she didn't confide in me I wouldn't have any idea that anything was wrong," he says, adding that the hardest part of the public attention has been Cox's daughter, Coco, noticing.

"The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courteney took Coco to school," Hopkins says.

▶ Courtney Cox

"Coco sees these things, because that's not a normal thing in any respect and she is a precocious child."

METRO

Celebrity tweets

Pink [@Pink] Hahahaaa-hahaaaaa I can't believe people are mad because I don't think Sarah Palin should be in the rock n roll hall of fame..

Jessica Alba [@jessica alba] Getting some Xmas shopping done - what are ur fav eco gifts 4 kids? Women? Men?

Ben Stiller [@RedHourBen] Shooting on a rooftop in Queens. Another beautiful day. But it is getting colder by the minute...

Russell Brand [@rusty-rockets] Watching self on Larry King. Achievement diminished in ad break by catheter commercial.

Talking points

Lohan can't go home for Thanksgiving

FAMILY TIME. Lindsay Lohan's bid to leave the Betty Ford Center and fly home to New York for Thanksgiving failed, so the troubled actress will be spending the holiday in California with her father, Michael Lohan, according to TMZ.

Michael has been staying in a home near the rehab centre, and while he's been trying to convince ex-wife Dina Lohan and their other children to join them in California to celebrate, Dina reportedly isn't interested.

METRO

Sheen denies he was violent in New York City

LEGAL. Charlie Sheen's lawyers say adult film actress Capri Anderson's claims that the actor was violent toward her during his infamous New York hotel rampage are completely false, according to People magazine.

"Ms. Capri never made any allegation to the police of any wrongful conduct on the part of Mr. Sheen on the night of the incident and she had every opportunity to do so," Sheen's attorney says.

"These allegations against Mr. Sheen are completely false, and are a blatant attempt to cash in on his celebrity."

METRO

Just the wrong song

PAINFUL? Miley Cyrus performed a heartfelt rendition of her song, Forgiveness and Love, at the American Music Awards, but it's not what she was reportedly planning to sing.

"For a while she'd been planning to do Every Rose Has Its Thorn, but then a few days ago she switched it," a source says.

Perhaps not coincidentally, Every Rose Has its Thorn is a cover of a song by Bret Michaels' band, Poison — and Michaels was rumored to be at the centre of Cyrus' parents' divorce.

METRO

Miley Cyrus

Model: Tony Parker hit on me too

Tony Parker has denied any inappropriateness with a teammate's wife in the lead-up to his current divorce battle with Eva Longoria.

But now another woman has come forward claiming to have received flirtatious text messages from the basketball star.

"From the minute he met me he was trying it on," British model Sophia Egeler tells the Sun. "I had no idea he was Eva Longoria's husband. He would not take no for an answer and was telling me how much he liked me."

Egeler claims Parker followed up their initial meeting by sending her racy pictures and texts, though she says the messages stopped last week when the divorce news broke.

METRO

Work it

How to get wedding fit

TWISTING LUNGE

- Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

SQUATS

- Stand with feet shoulder-width apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair—keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and repeat.

REACHING LUNGE

- Stand with feet hip-distance apart, holding a light set of dumbbells. Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position. Switch legs and repeat.

LUNGES

- Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips until your right thigh is parallel to the floor. Push through back to the start position, then repeat.

METRO WORLD NEWS

Wow at your wedding

A personal trainer to the stars explains how you can look your best on the big day ◆ If it worked for Penelope Cruz, it may work for you

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and and every fat bulge, is meticulously captured on high-def camera.

"The quality of film is so good that every little imperfection is visible, from a wrinkle to a blemish. The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

FLICKR CC RASDOURIAN

▶ They will cherish this moment, and their abs, forever.

Getting ready for the big day

Most people make time before their wedding to get into better shape.

"People work well to a deadline, so a set date is the first step," says Peterson, who also believes that working towards a goal makes things more achievable. "Once you know you have six months to lose say ten or so kilos, you can devise a plan of action."

If you want quick results, make changes to your fitness regime and integrate exercise into your day-to-day immediately. According to Petersen, you could even jump the gun.

"A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson.

Think about what kind of body shape you want. Wedding clothes are figure hugging so aim to develop longer, leaner limbs. Peterson gets his clients to combine cardio vascular moves with light weights for the best results.

"You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and weights to tone up and burn calorie," says Peterson. "Make small changes, such as cutting out complex carbohydrates from your evening meal."

The reward?

"Eat cake at your wedding," says Peterson, "and have a glass of champagne to go with it."

The honeymoon period

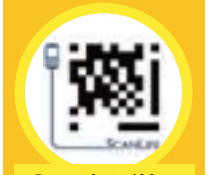
After the wedding, on your vacation, give in to indulgence, even if they are not the healthiest. You'll never get a free pass like this again. Sleep in and allow yourself to drink moderate (moderate!) amounts of alcohol and don't fret if you are not doing as much exercise as you did pre-wedding. Don't, however, keep up this laid back routine once you are back home or all your hard efforts would have gone to waste.

3 life

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

1. **Exercise:** any form of physical activity will clear your head and make you feel better.
2. **Eat Right:** eliminate simple sugars and sodium before the big day to avoid feeling bloated.
3. **Hydrate:** drink lots of water to keep energized and give your skin a glowing look.

METRO WORLD NEWS



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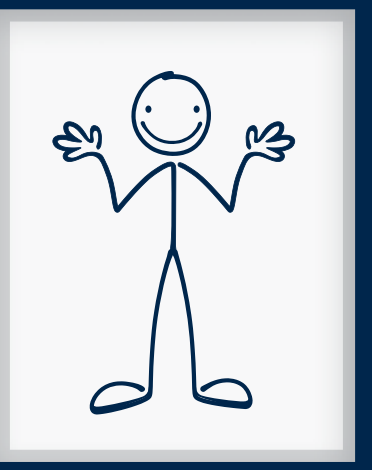

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News worth sharing.

Yoga is good for your brain

Study shows that doing the downward dog can lead to an upswing in your mood ◆ The practice of yoga linked to neuro-chemical changes

K MILNE
WELLNESS@METRONEWS.CA

ISTOCK PHOTO

▶ Doing Yoga has been linked to improved mood.

Depressed? Anxious? Yoga might help.

A new study in Boston has found that yoga helps to improve mood more than walking does.

"Yoga has been shown to be helpful in a number of diseases associated with lifestyle choices, such as high blood pressure, obesity, diabetes, cancer, low back pain as well as depression and anxiety," says Dr. Chris Streeter from the division of psychiatry at Boston University school of medicine.

Streeter and his colleagues completed a study involving 34 healthy people, who were divided into two groups. Nineteen of the subjects did yoga and the other 15 walked.

The yoga group received instruction on yoga poses for four weeks and then continued practising yoga regularly at home for another eight weeks.

The walkers walked for an hour three times a week for 12 weeks.

At the end of the study, scientists measured mood and anxiety in all subjects, and found that those who had been doing yoga had bigger improvements in mood than those who walked.

Researchers also measured levels of a neurotransmitter in the brain called GABA.

Low levels of GABA have been associated with depression and anxiety. In the study, yoga bumped up levels of GABA more than walking did.

Although Streeter does not recommend people on anti-depressants stop taking their meds in favour of yoga, he does think yoga is a useful add-on.

"This study is important because it provided evidence that the practice of yoga is associated with chemical changes in the brain that are consistent with the changes seen when people are treated with anti-depressants."

He also added: "All forms of exercise can be beneficial. The key is to do it."

The study was published in November in the Journal of Alternative and Complementary Medicine.

Breast cancer

Researchers in Singapore did a study of women who were getting radiation for breast cancer – surely one of the most stressful situations women face.

They found: Doing a yoga program was helpful in neutralizing psychiatric stress and DNA damage in these women. The study was published in 2007

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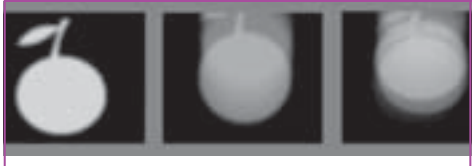

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Yoga fast evolving

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It used to be so simple. But yoga will never be the same again.

Journalists in India are tickled by how yoga has been seized and adapted by health-starved North Americans. The practice of yoga originated in ancient India and has roots in Hinduism. An article in the Hindustan Times marvels at how Westerners have Americanized yoga so that it now includes circus yoga, nude yoga, pre- and post-natal yoga, ball yoga, doga (yoga for dogs), acro yoga (acrobatics), and hip-hop yoga.

And now there's yoga where you hang in a sling attached to the ceiling: anti-gravity yoga.

ISTOCK PHOTO

Curcumin can prevent and treat liver damage, suggests new study

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Want to curry favour with your liver? Eat lots of curcumin. This orange-coloured substance is found in turmeric, which is used as a spice in curry.

A laboratory study at Saint Louis University has found that curcumin holds promise as a way to prevent or treat liver damage from an increasingly common condition called fatty liver disease.

It's estimated that 20 per cent of adults in Canada have a build-up of fat in their liver, a problem that is caused not by alcohol, but by obesity. Fatty liver can become severe and lead to liver fibrosis, possibly cirrhosis and finally liver cancer and death. There are no symptoms of early liver disease.

Your liver is a vital organ, known as the body's cleanser. Though studies are preliminary, it looks like eating curcumin may help keep the liver healthy.

Thoughts on... Belief

ADVICE Tensions rise within us when we believe a thought that is contrary to who we really are. Anytime a thought enters your mind that creates tension or anxiety — stop and ask yourself — is this true? Do I really believe this or am I accessing someone else's belief system about this particular situation and what it means?

Beliefs give meaning to situations in our lives. Since most of us are not aware of our belief structures, we categorize events as being bad, awful, horrible, etc. The next time tensions rise — who is reacting? Who is believing? Who is interpreting the situation at hand? You can apply this self inquiry to every situation in your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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The body uses dietary iron to transport vital oxygen to all its tissues. However, many people, especially women, children, elderly people and athletes, do not get enough iron to satisfy their needs. Are you finding it difficult to get through the day?

More common than you might think ...

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eyes, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin – the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body.

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Are you iron-deficient?

- ❑ Do you often feel listless, weak or irritable?
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- ❑ Are you often cold or chilly?
- ❑ Do you have brittle hair and nails?
- ❑ Are you pregnant or nursing or planning to become pregnant?
- ❑ Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- ❑ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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ISTOCK IMAGES

The kids are OK

Fewer small kids in ER after removal of infants' cold medicines: Study Some still using the medicine

Removing cough and cold medicines for very young children from store shelves led to a big decline in emergency room visits for bad reactions to the drugs, U.S. government research found.

But the results released online Monday are a mixed bag: Some parents were still giving their infants and toddlers these medicines, and many ER cases still involved youngsters who apparently got hold of the medications themselves.

That suggests parents who stopped using them hadn't discarded old bottles or kept them out of reach after manufacturers voluntarily withdrew medicines labelled for infants and kids up to age two in 2007.

The bottom-line message: "Keep all medicines up and away and out of sight," said Dr. Daniel Budnitz, the study's senior author and a researcher at the Centers for Disease Control and Prevention.

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choice for fall

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The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this column.

The 2008 Louis Bernard Côtes du Rhône ($11.65 – $13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fresh, fall-like wine with oodles of red berry fruit that's a great match for late season barbecues.

A healthy snack for Santa

Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big wedge of pie or cake.

Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, crispy cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

Preparation:

1. In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Add egg and vanilla and beat well.
2. In a medium bowl, combine flour, baking powder and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.
3. Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6-inch) log. Wrap each log in waxed paper and place in the freezer until firm, at least 1 hour.
4. Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2 1/2 inches) apart on ungreased baking sheets.
5. Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

▶ Pecan-cinnamon wafers

Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter
- 175 ml (3/4 cup) granulated sugar, divided
- 50 ml (1/4 cup) packed light brown sugar
- 1 large egg
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) whole-wheat pastry flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) finely chopped pecans
- 7 ml (1 1/2 tsp) cinnamon

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Avoid the ugly in family loans

Sometimes family is the only source for funds Put parameters on the loan so that it won't cost the relationship

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

There's good, bad and ugly debt. Borrowing for an education or a home is good debt, because you've got something to show for it and the asset will appreciate. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, family is the only source of necessary funds. Here are four ways to make it work.

Put It On Paper
Time passes and even with the best of intentions people can forget or be confused about the terms of the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

Consider Interest
Most family loans are interest free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

41% According to a recent study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.

Specify
A big irritant with family loans is when the money is borrowed for one purpose and then used for something else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of you.

Include the loan's purpose right in the lending document. You probably can't prevent the borrower from blowing the dough but it keeps things clear.

Pay Directly
If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being over-controlling. Stand your ground. It's your money.

Interest rates/ Savings accounts

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CIBC	0.70%
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ING	1.50%
PCF	1.50%
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SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

HOW WARREN BUFFETT GOT RICH

Warren Buffett, is a billionaire because he stuck to a buy-and-hold and value investing stock purchasing strategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for ten years."

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through dividends. Because there's little trading involved, the investor doesn't hop from investment to investment, paying high fees and not realizing the stocks' full potential.

Buffett couples this with the more active and slightly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due to economic conditions or short-term hiccups. According to Buffett, "Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the financial crisis of 2008-2009. Their share values plummeted even though their fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors, jumped into the market in the trough, buying high-quality, undervalued stock. and-hold and value-investing approaches conservative to moderate-risk strategies.

Visit Morningstar.com to see what people like Buffett are buying.

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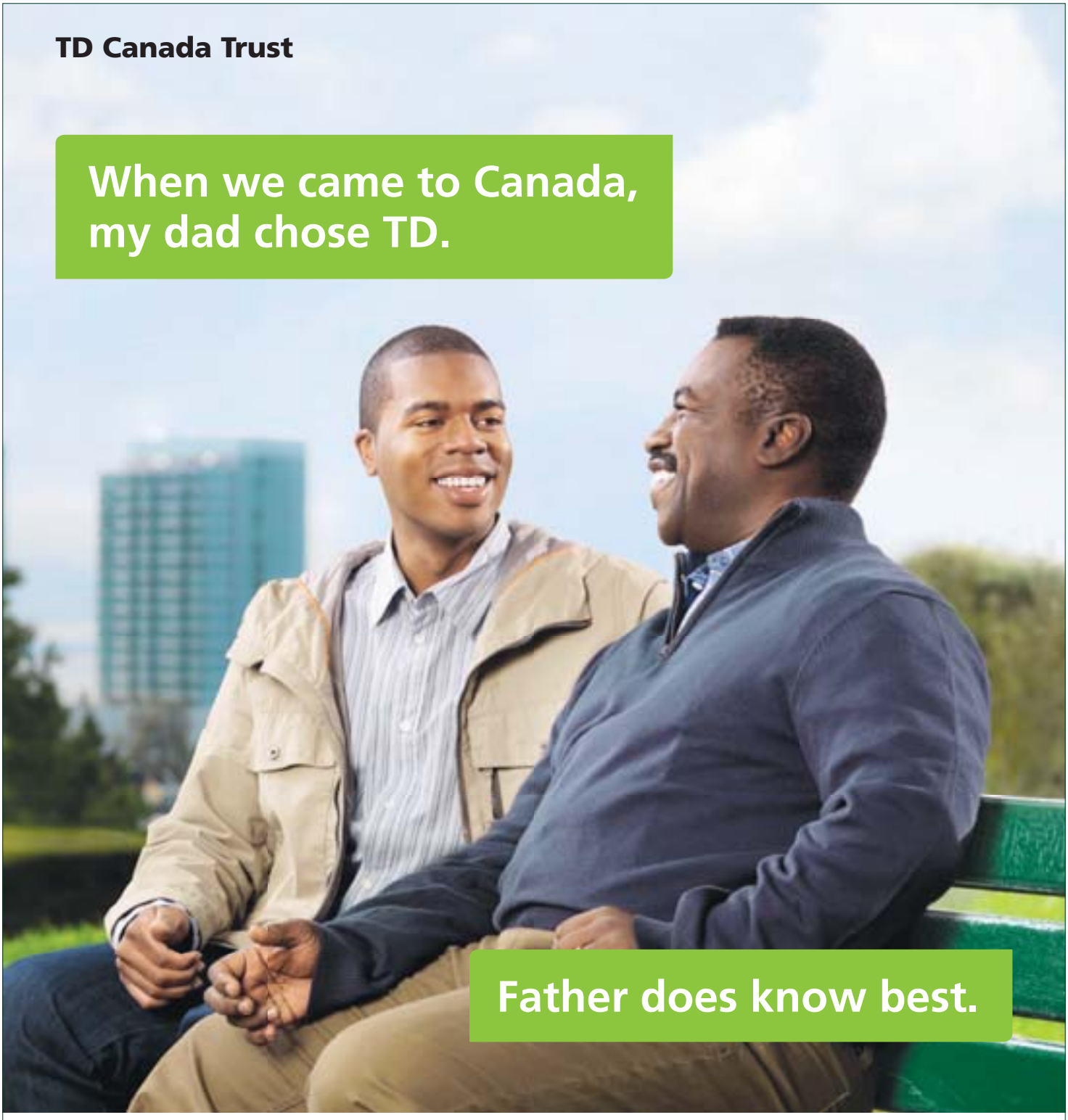

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SERVING UP A ROUND OF LOVE

▶ Janine and Matthew

How We Met: Janine & Matthew

Names: Janine, 30, and Matthew, 25

Current city: Toronto

Together since: 2008

Their story:

"I (Janine) was at a nightclub in Toronto with a guy friend, dancing and having fun. I was intrigued by a group of about 30 guys in the corner of the club who were all decked out in three-piece suits...

I decided to go and ask why they were all dressed up. The first guy I approached was a handsome man named Matthew. He explained that they were there for a friend's bachelor party. We chatted a few moments and I told him to come find me on the dance floor. A little while later, Matthew came over to dance with me. My guy friend immediately shot him the evil eye. Matthew asked if he was my boyfriend, and I told him he was just a protective friend. My friend ended up getting super jealous and tried to pull Matthew and I apart. I wasn't ready to leave, so I turned to Matthew and asked if it would be okay if I hung out with him at the club. He said yes and we have been together since that night!"

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THE ITINERARY SAYS SPONTANEITY IT IS

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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My partner and I are taking our first extended vacation together — a two-week overseas trip. He's been planning every second of the trip. I just want to explore and discover things. I'm worried this is going to cause a huge fight. Help!

Angela says...

As a planner myself, I can totally understand where he's coming from.

But my beloved is like you and wants to spontaneously discover things. So I give him that time since it's our trip and not my trip.

Is there a compromise you can reach ahead of time? I bet he'd be willing to build in cushion time around the schedule if he knew it was to enjoy gelato on a sidewalk cafe, a glass of vino in the piazza or get frisky somewhere naughty.

Derek says...

Let me ask: Who is responsible for organizing the travel brochures and booking the flights? I know if those tasks were left up to me, every vacation would consist of short-distance road trips.

So, I leave the itinerary to Angela, because a) she's organized; b) I can't be bothered; and c) I don't want to have to hear "What are we doing today?" for the entire trip.

If your partner is the driving force behind this escape from reality, give it to them.

Besides, that schedule isn't bulletproof.

If you drop a "Well, that doesn't sound terribly interesting" comment once in a while, and suggest you take a drive for the day to explore, you'll be amazed how easily you'll get what you want.

Recycled jewelry by girl aged 7

Maggie Batson, a seven-year-old from North Carolina, also has a simple and clever idea: making eco-friendly jewelry from old but clean pantyhose. "It can fit almost anywhere on your body," she explains. "You double it up to make bracelets and necklaces." Maggie cuts and twists the pantyhose, decorating it with pieces of discarded jewelry. Her popular products are now selling across the US; her mom puts the proceeds into Maggie's bank account after donating 10% to her school. Maggie's classmates always ask her to make jewelry for them too.

JAMIE COX

▶ Maggie

Kids innovators are a dying breed

Zach Veach, 15, created an app to stop texting and driving ● But experts say that kids who invent are actually in decline

ELIZABETH BRAW
LIFE@METRONEWS.CA

Like every teenager, Zach Veach, 15, uses a cell. But he's an innovator too. When he saw a girl in his hometown killed because she sent text messages while driving, Zach decided to invent an anti-texting application.

"When you're 16 and learning how to drive, you don't need any distractions," explains Zach, an auto racing driver from Ohio.

He has designed an app that cell users can set to automatically respond to text messages. Drivers can set their message to say "Sorry, I'm driving. I'll text you when I arrive."

Unfortunately, creative children like Zach are becoming a rarity. For decades, the Torrance test has measured kids' creativity in 50 countries. Since 1990, scores have been declining every year.

"There has been a sharp decrease in children's ability to produce unique and unusual ideas," says Kyung Hee Kim, professor of educational psychology at the College of William and Mary, who has analyzed 55 years of Torrance tests.

Schools take part of the blame for stressing rote learning over creative thinking, as do parents for allowing kids to stay too long in front of the screen.

"Children watch TV and play video games, which encourage limited thinking," says Dale Grubb, professor of psychology at Baldwin-Wallace College. "This trend can lead to a dangerous innovation vacuum."

Passive children may be a harbinger of a global crisis. A recent study over 50 years shows that Torrance test results are the best prediction for accomplishment in adulthood.

For his part, Zach is already working on his next innovation: a cell phone app that blocks calls when the user is driving.

Given that 28% of US highway accidents last year were caused by drivers using phones, Zach stands to become a successful and wealthy man.

▶ Zach Veach with his toys.

Lessen your financial worries

Working while in school may be a reality for many post-secondary students.

According to an RBC poll, 57 per cent of students plan to support themselves by working during the school year.

Furthermore, one quarter of these students say that 75 per cent of their summer earnings will go toward the cost of school.

"Scholarships are a great way to receive some well earned money to help you meet your goals and to allow you to attend the university or college you've always dreamed of," said Patricia Domingo, an investment planner at RBC.

It's important that students are aware of the sources of funding available to them, including:

Scholarships
There are hundreds of scholarships available to students to help pay for school. Research and determine what scholarships you are qualified for and best fit your needs.

Government grants and loans
The federal government student loans and grants are available to students of all different backgrounds and come in a variety of denominations.

Bursaries
Bursaries are available for all students that display financial need. NEWS CANADA

A secure future

Even parents with little or no income can get money from the government to start a post-secondary education savings plan for their child. Here's some important things that you should know about starting a Registered Education Savings Plan.

The earlier, the better.
Even a few pennies a day can help create a promising future for your child through the CESG — Canada Education Savings Grant. The earlier you start putting money into an RESP, the faster that money will grow.

Even modest income families can start an RESP.
Anyone in Canada can open an RESP for a child. The government could give you between two and four dollars for every $10 you save in the form of a Canada Education Savings Grant.

Your child could receive the $500 Canada Learning Bond.
If you receive the National Child Benefit Supplement and your child was born after Dec. 31, 2003, the $500 Canada Learning Bond will be deposited into your child's RESP.

How to choose your RESP.
Be sure to ask your bank or financial institution if they offer the Canada Learning Bond and the Canada Education Savings Grant. Shop around and compare the costs and types of RESPs to find the plan that best suits your needs.
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Saving cash for education

- Education can lead to a brighter future, but paying for it can be costly
- Colleges, universities and trade schools can open doors

ISTOCK IMAGES

There are a number of ways to help pay for your degree.

Even parents with little or no income can get money from the government to start a post-secondary education savings plan for their child.

Here important things you should know about starting a Registered Education Savings Plan (RESP).

The earlier the saving, the more affordable an education.

Even a few pennies a day can help create a promising future for your child through the CESG — Canada Education Savings Grant.

The federal government has money available for all families. The earlier you start putting money into an RESP, the faster that money will grow.

Even families with modest incomes can start an RESP.

Anyone in Canada can open an RESP for a child regardless of their income.

The government could give you between two and four dollars for every $10 you save in the form of a Canada Education Savings Grant.

Your child could also receive the $500 Canada Learning Bond.

If you receive the National Child Benefit Supplement and your child was born after Dec. 31, 2003, the $500 Canada Learning Bond will be deposited into your child's RESP.

The government will give an additional $100 each year — up to age 15 — as long as your family continues to receive the supplement.

How to choose your RESP.

Be sure to ask your bank or financial institution if they offer the Canada Learning Bond and the Canada Education Savings Grant. They can inform you on how to set up an RESP and about any service charge fees and conditions.

Shop around and compare the costs and types of RESPs to find the plan that best suits your needs.

You can get more information about RESPs and a list of questions to ask your bank or financial organization at CanLearn.ca.

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▶ Tracking down paper work and records can be tricky for those looking to return to school.

HOW TO BUILD A TOOL KIT FOR GOING BACK TO SCHOOL

If you've been out of school for a while, returning to the hallowed halls of academia can create a tricky paper chase as you track down your records to show you're eligible. Experts suggest talking to the post-secondary institution to get a list of what you need.

Trevor Adams, program director for continuing education at Halifax's Saint Mary's University (SMU), says to first check that you have the appropriate prerequisite credentials to get into the program. He says you'll need to go through the requirements course by course, because even if you have the relevant undergrad degree, some courses expire after 10 years.

Students also need to have their existing official transcript sent to the new school. Even if you have a copy, it must be an institution-to-institution transaction, so you'll need to contact the registrar from your former school.

"It's to help prevent things like forgery," Adams explains.

It's good to sit down with someone like Adams to see what courses you may be exempt from and to figure out what life experiences might translate into some sort of credit through a process SMU calls PLAR – prior learning assessment recognition.

Adams says students should put everything on the table. "Some universities or colleges will give you credit for life experience. If you've been a manager at a bank or whatever, there is some value in that work," he says. "Leave no stone unturned. They may assume you need to start at level zero when in fact you could be getting credit for your first year of your new program." JON TATTRIE

A few tips for making it work

Experts from across the country give second career advice

JON TATTRIE
TORONTO@METRONEWS.CA

▶ Setting yourself a study schedule and sticking with it helps those going back to school from scrambling.

1. Take a personality and career test if you're not sure what you want your second career to be. University continuing education centres can help you match what you like to do with potential jobs and then find the right education to get you there.
— University of British Columbia

2. Find out what the prerequisites are for your course and make sure you have them, or experience the institute will count as equivalent, before enrolling.
— Algonquin College, Ottawa

3. Any tuition fees for courses at the post-secondary school level adding up to more than $100 may be claimed as a credit on your personal income tax return. Talk to the Canada Revenue Agency and see how you can save money.
— University of Toronto

4. Make sure it's a commitment you can manage before you sign up. It may be appealing to do it quickly, but the reality may overwhelm you.
— Humber College, Toronto

5. Attend an information day to learn about how to apply for courses, how to finance your studies and to get an overview of the campus.
— Douglas College, B.C.

6. Brainstorm about your life experience and write down all the courses and classes you've taken through work or in your free time. Also jot down work experience; you may be able to turn some of this into credits to save time and money.
— Saint Mary's University, Halifax

7. Check out the distance learning options. You may be able to take your course online and at your own schedule, allowing you to study at your convenience. It also allows you to learn at your own pace.
— Mount Royal University, Alberta

8. Know exactly what your learning expectations and needs are. The more specific the student can be about what she wants out of a course, the better a university or college can find the right match.
— University of Ottawa

9. Set yourself a study schedule and keep to it. Book off regular weekly study slots so you're not always scrambling.
– Mount Saint Vincent University, Halifax

10. Use web tools to keep in touch with your classmates. Friend them on Facebook, follow them on Twitter and set up Skype study dates. That way you can create a virtual campus and help each other prepare for papers and exams.
– University of Alberta

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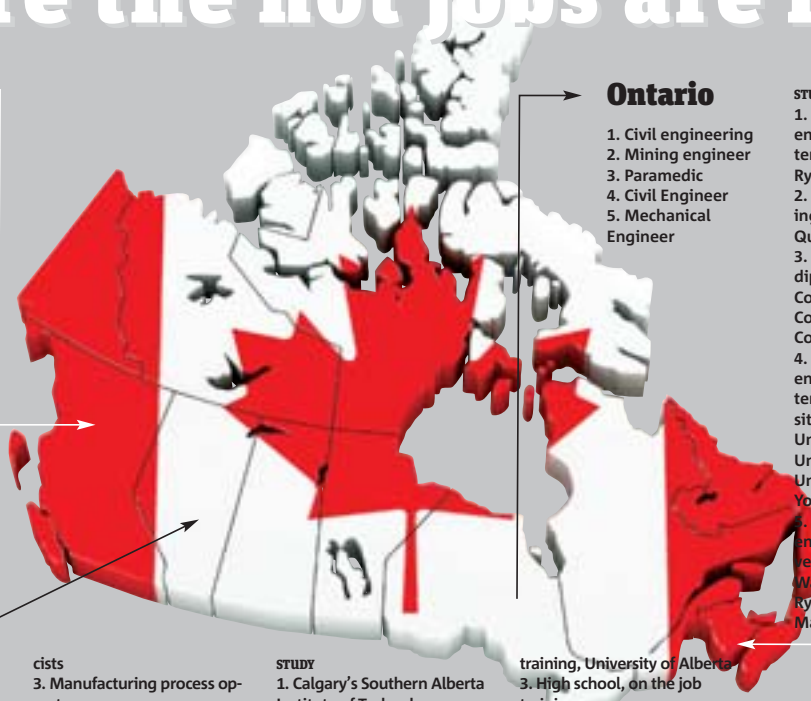

British Columbia

1. Registered Nurse
2. Carpenters
3. Truck Drivers
4. Janitors, Caretakers and Building Superintendents
5. General Office Clerks

STUDY

1. Baccalaureate of Nursing; University of Victoria, British Columbia Institute of Technology, University of British Columbia
2. Certificate or apprenticeship in carpentry; British Columbia Institute of Technology, Camosun College, Kwantlen University College, Vancouver Island University
3. High school diploma
4. High school diploma
5. High school diploma

Ontario

1. Civil engineering
2. Mining engineer
3. Paramedic
4. Civil Engineer
5. Mechanical Engineer

STUDY

1. Bachelor's in civil engineering; McMaster University, Ryerson University
2. Bachelors in mining engineering; Queens University.
3. Paramedic diploma; Humber College, Algonquin College, Cambrian College
4. Bachelors in civil engineering McMaster University, University of Toronto, University of Ottawa, University of Guelph, University of Ottawa, York University
5. Mechanical engineer degree. University of Windsor, Waterloo, Ottawa, Ryerson, Queens, McMaster, Carleton

Nova Scotia

1. Software Engineers and Designers
2. Aircraft Mechanics and Inspectors
3. Information Systems Analysts and Consultants
4. Computer Engineers
5. Computer Programmers and Interactive Media Developers

STUDY

1. Computer science degree; Dalhousie, Saint Mary's or MSVU
2. Aircraft maintenance engineer program; Nova Scotia Community College.
3. Computer science or related degree; Dalhousie, Saint Mary's or MSVU
4. Bachelor's degree in computer engineering, electrical or electronics engineering, engineering physics or computer science; Dalhousie, Saint Mary's or MSVU
5. Bachelor's degree in computer science; Dalhousie, Saint Mary's or MSVU

Alberta

1. Heavy construction and carpentry contractors
2. Health-care professions such as RNs, physicians, occupational therapists, dentists, pharmacists
3. Manufacturing process operators
4. Primary production managers
5. Facility operation and maintenance managers

STUDY

1. Calgary's Southern Alberta Institute of Technology, Edmonton's Northern Alberta Institute of Technology, or on-the-job training.
2. Various levels of medical training, University of Alberta
3. High school, on the job training
4. Bachelor's degree in relevant field, job experience
5. Bachelor's degree in relevant field, job experience

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Starting over: A personal tale

Five Canadians share their continuing education experiences as told to Teresa Kruze

CONTRIBUTED

James Milligan
Vancouver, B.C.
UBC Project Management Certificate

I worked at a major telecom company for over 12 years until I was laid off. I took a course in sustainability management and started my own company, Social Conscience Fair Trade Sports Balls. Having your own business is a struggle, but I feel like I'm making a difference in a small way.

CONTRIBUTED

Joan Dupuis
Ottawa, Ontario
Ottawa-Carleton Continuing Education

I'm 69 years old and currently working in automotive sales. When I was young, my dad made me quit school and work because there was no money. Now I'm back in class and really enjoying continuing education. I'd like to get into a business that helps the elderly. I'm not retiring yet, I'm too young!

CONTRIBUTED

Jeff Collins
Halifax, Nova Scotia
Dalhousie University College of Continuing Education

I was an out-of-work prosthetic specialist when my dog injured her knee. Unable to afford the surgery I made her a knee brace and came up with an idea for a company. After enrolling in continuing education I started a prosthetic service for dogs. I now travel the world teaching others the technology I pioneered.

CONTRIBUTED

Tracey Mah-Gillies
Calgary, Alberta
Mount Royal University Continuing Education

In my first life I was social worker and stay at home mom. I went back to school and got my personal fitness trainers certificate and now I'm running my own business. Continuing education was way too much fun. Right now I'm looking at the brochure figuring out what I'll take next.

CONTRIBUTED

Murat Kaya
Toronto, Ontario
TDSB Continuing Education

I came to Canada as an aerospace engineer from Turkey. After the events of 9-11, Bombardier laid off 5,000 people. I went back to school to study and I am now an electrical engineer with Ontario Power Generation. Continuing education made me realize what kind of potential I have and where I can go.

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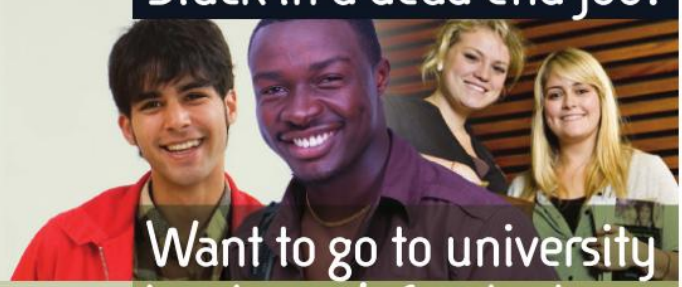

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▶ It can be a struggle to keep afloat when balancing the demands of work, school and family, but keep in mind it's for a clear goal, with a clear end date.

Finding balance

Experts advise continuing ed students to keep calm and your eye on the prize Make it an experience for the whole family to celebrate

JON TATTRIE
TORONTO@METRONEWS.CA

Most adults struggle to balance work commitments with family obligations; add in a return to school and free time can quickly become the most expensive luxury in your life.

Metro asked on-the-ground experts for tips on calibrating a crazy schedule.

Guillermo Acosta, the director of professional and continuing education at Humber College's business school, says his students sometimes struggle to keep afloat.

He reminds them to accept that adding continuing education will make life harried for a period, but to keep their eye on the prize.

Keep in mind that it's for a clear goal with a clear end date.

"When you see that what you are learning in a classroom can be applied the following day in your job, more than a burden, it becomes a help," he says.

He also reminds students they can adjust how many classes they do at once, depending on how quickly they want to complete their studies.

If the stress would be too great, take it one course at a time over a longer period.

Christie Schultz, the executive director of the learning engagement office at the University of Alberta, has taken continuing education courses herself.

She advises students with families to involve their spouses and children to make it a shared experience, rather than just one parent disappearing one night a week.

"Communicate what your schedule is going to be like and when your deadlines are. It can really be helpful. Continuing education, as it becomes part of our life, becomes a family project. It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program."
CHRISTINE SCHULTZ, UNIVERSITY OF ALBERTA

"Communicate what your schedule is going to be like and when your deadlines are. It can really be helpful," she says. "Continuing education, as it becomes part of our life, becomes a family project."

Schultz says it will be an extra burden on an already packed schedule for many people, but students should remember it is temporary and for the good of the entire family.

"It can make the program fun and exciting for the whole family. It also gives an opportunity to celebrate together at the end of the course or program," she says.

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(For Arts, Business, Languages, and Liberal Studies – see website for participating programs) **ryerson.ca/ce/infonight**

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JON TATTRIE
TORONTO@METRONEWS.CA

It's an old business adage that it takes money to make money and that applies to furthering your education to start a second career.

If you plan to continue working with your current employer, but in an advanced or different position, talk to your human resources department. Many will partially or fully fund the academic upgrade and could help you plan your next move.

The Canada Student Loans Program, which can be explored at Canlearn.ca, is an option if you're going to be a student at a university, college or trade school working toward a degree, diploma or certificate.

CSLP offers loans and grants for full- and part-time students. Interest kicks in at graduation, though you have a six-month grace period after you're done before you have to start paying them back.

Typically the most you can borrow for an eight-month study period is $7,140.

The Ontario Student Assistance Program offers grants, scholarships, bursaries and loans to help pay for education. It's run by the Ministry of Training, Colleges and Universities, which handles provincial and federal student financial aid programs for Ontario students taking postsecondary studies.

OSAP also provides eligible Ontario students with financial aid to help pay for education-related costs such as tuition, books, living costs and transportation.

It can also help with sourcing fellowships, debt reduction, interest relief or work study. Go to osap.gov.on.ca for more information.

Check it out

- The Student Financial Assistance Estimator at CanLearn.ca can give students an idea of how much they could qualify for.

ISTOCK

▶ There are lots of options to choose from when financing education for a second career.

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TORSTAR NEWS SERVICE

▶ Stephen Lewis

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▶ Ken Dryden

TORSTAR NEWS SERVICE

▶ Lucy Decoutere

Getting it right the second time

Some celebrated Canadians found their calling later in life

JON TATTRIE
TORONTO@METRONEWS.CA

Sometimes people don't quite get their career paths right the first time and a bold leap of faith turns their life around.

Here's a look at some famous Canadians who changed jobs and changed their lives.

Stephen Lewis got into politics at age 26 and quickly got a seat in the Legislative Assembly of Ontario. The NDP leader stayed in the trenches of provincial politics throughout the 1970s before stepping down in 1978.

A few years later, prime minister Brian Mulroney made him Canada's ambassador to the UN.

That was followed by a stint at UNICEF and then as Kofi Annan's special envoy for HIV/AIDs in Africa, which led him to found the Stephen Lewis Foundation in 2003.

He has gone on to raise millions of dollars to help those fighting the effects of the disease.

Ken Dryden was on his way to a legal career when he decided to try his luck on the ice.

His university hockey career had been full of trophies and life proved no different with the Montreal Canadiens.

He played only seven full seasons in the 1970s, but won six Stanley Cups.

He retired at 31 and went on to enjoy a career as a writer, notably authoring The Game, before being elected to parliament in 2004.

Born in Edmonton, actor Lucy Decoutere found international fame in Halifax as Lucy, Ricky's on-again, off-again girlfriend in the Trailer Park Boys.

When the TV series ended, Decoutere retrained as a teacher and took a job at Bedford Academy in Nova Scotia.

Before classes started, her fake past caught up to her as an interview she did partially in character ran in a local newspaper and the school "parted ways" with the f-bomb dropping Decoutere.

Undaunted, she charted a third career path and is now happily training in the Canadian Forces as an aerospace controller.

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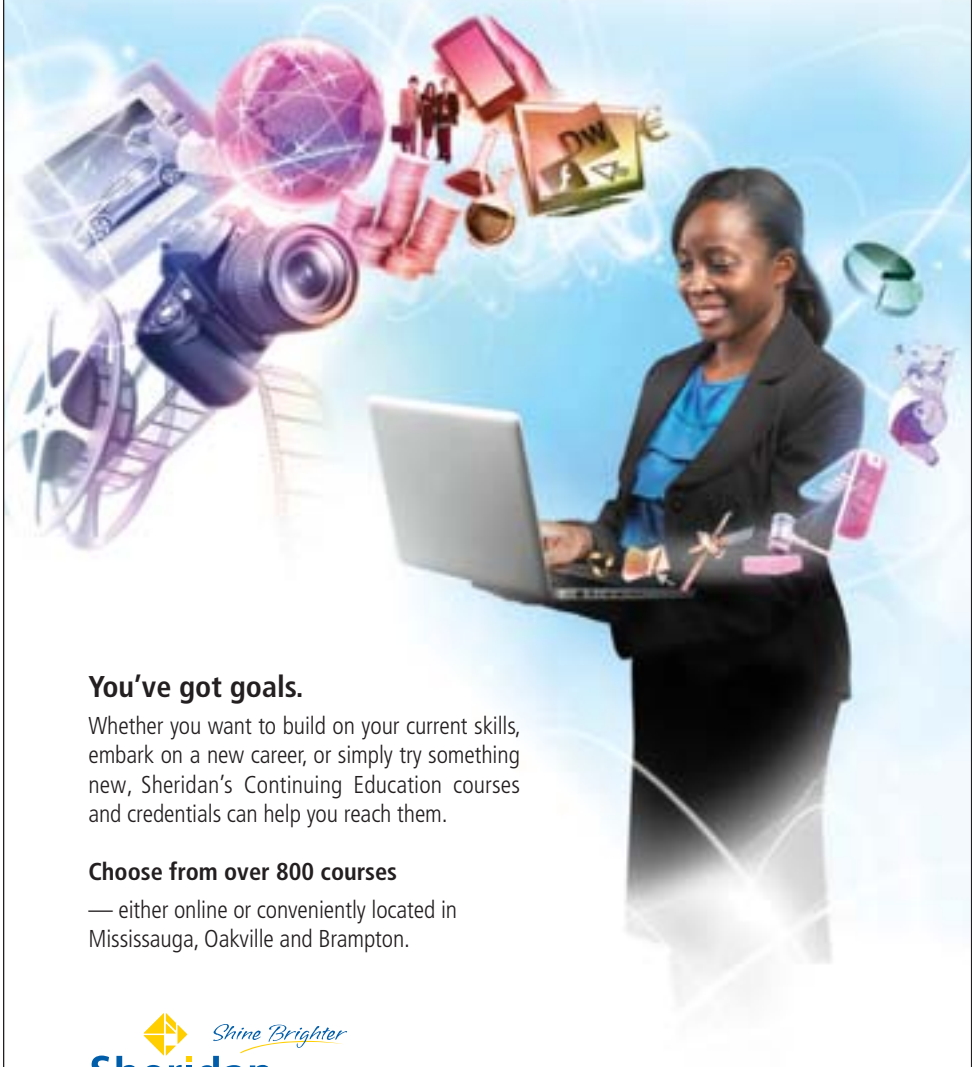

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ISTOCK

▶ The Internet has changed the way continuing education is delivered.

JON TATTRIE
TORONTO@METRONEWS.CA

Technology and timing are rapidly changing the way continuing education is delivered as schools think outside the box to make programs work for second-career students.

The University of Alberta took the bold step of creating a travelling library to bring the university to ordinary people way back in 1912. Today it's drawing inspiration from the TV game show Who Wants To Be A Millionaire?

Christie Schultz, the executive director of the learning engagement office, says it borrows the "ask the audience" feature to allow learners to provide real-time feedback to lecturers about comprehension levels, questions and to connect real-world events to classroom issues.

"You can see the answers your classmates are putting up and you can have a discussion about those responses," she says.

The university also uses "synchronous web conferencing" to bring leading global experts into the classroom via the Internet.

Guillermo Acosta, the director of professional and continuing education at Humber College's business school, says his college is taking the classroom into the boardroom to give students a real-life taste of business.

"The ideas that they learn are really fresh and useful," he says.

"There is no better example of real, practical application of the theory than when you can go [to a business]," Acosta says. "It also opens opportunities for networking for students."

Humber also has three annual intakes of students in the summer, fall and spring, to create more flexible start times for working students.

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Etobicoke native nabs MVP award

Cincinnati Reds first baseman Joey Votto named NL's top player

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Pujols.

The Cincinnati Reds first baseman from Etobicoke received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the other first-place vote and finished with 279 points.

Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of America.

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award. Justin Morneau won the American League prize in 2006.

"There's something about having guys who have achieved before you that sets a bar you want to reach to," said Votto. "Larry was that for a lot of younger players and, hopefully, I can play a little bit of that role, especially in the Toronto area, where ... we don't have a ton of talent coming up to the major league level.

"Maybe I can be a part of that in some way by letting people know that you can do it, you can get here."

37
Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since 1995.

The American League MVP will be revealed today.

Votto's remarkable season followed a 2009 campaign that was interrupted by a bout of severe anxiety and depression issues.

One panic attack was so bad he called 911 at three or four in the morning and was taken to hospital because, "it got to the point where I thought I was going to die."

"It was a very, very scary and crazy night," Votto recalled on June 23, 2009, when he came off the disabled list and rejoined the Reds. "It was probably the scariest moment I had ever dealt with in my life."

The Reds wisely provided Votto with time off to deal with his problems and he missed about a month. He finished 2009 strong with a .322 batting average, 25 homers and 84 RBIs.

"I have overcome a lot, and I am pretty proud of myself," Votto said yesterday. "I had a really difficult time for me getting over the death of my father. It's still difficult for me now."

THE CANADIAN PRESS

▶ Etobicoke's Joey Votto was elected the National League's most valuable player yesterday, ending the two-year reign of Albert Pujols.

Vikings fire Childress, put Frazier in charge

The Minnesota Vikings fired Brad Childress yesterday, cutting ties with a head coach who had come under increasing fire from his players — and his boss — for everything from their horrid start to his 1-2 playoff record and his abrupt decisions.

Defensive co-ordinator Leslie Frazier will serve as interim head coach for the remainder of the season.

The Vikings fell to 3-7 after a 31-3 loss to rival Green Bay on Sunday, the final blow to Childress in his fifth season in charge of the team. It was his most-lopsided home defeat as head coach, dropping his overall record to 40-37.

2 Childress becomes the second NFL coach to be fired this season after Dallas cut Wade Phillips loose.

Childress took over for the fired Mike Tice in 2006 after spending seven years with the Eagles, including four as the offensive co-ordinator. He was chosen by owner Zygi Wilf to instil discipline and demand better off-the-field behaviour from a team that was embarrassed the year before by a bye-week boat party gone bad and a number of other legal problems for players. THE ASSOCIATED PRESS

Sports in brief

Pacquiao done in three years?

BOXING. His status as a great fighter secure following his latest victory, Manny Pacquiao plans to leave boxing in three years.

Pacquiao turns 32 next month and was asked at a news conference when he intends to retire.

"Not too long from now," he said. "But I don't want to go beyond 35." THE ASSOCIATED PRESS

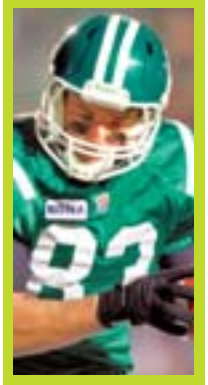
Raps send Davis to D-League

NBA. The Toronto Raptors are sending first-round draft pick Ed Davis to the Erie BayHawks of the Development League for a short rehabilitation and conditioning stint.

THE CANADIAN PRESS

4 sports

Quoted



"I don't even know if people in Saskatchewan gave us a chance two weeks ago ... you go through ups and downs in the season and people lose faith, but we never did."
ROUGHRIDERS RECEIVER ANDY FANTUZ

"The men in the locker-room were able to put a shell around themselves and remain confident and do the things necessary to come out of that slump and play well and be able to achieve this goal."
HEAD COACH KEN MILLER

Scan code for sports

THE DAY AFTER

Changes in store for Argos

Not everyone who left the Toronto Argonauts compound yesterday will be coming back.
"We need to make changes everywhere," head coach Jim Barker said.

Those changes could start at the top.

General manager Adam Rita's contract is expiring and there has been talk Barker will take on a dual manager-coach role next season.

Asked if one man could handle both roles, Barker said he did.

"I'm one of the few people who has coached and been a general manager, though not at the same time," he said. "Those are decisions to be made by the people above me."

While there hasn't been indication that quarterback Cleo Lemon will leave, Barker stopped short of giving him a glowing recommendation.

"He was a rookie, and at times played like it and at times played better than that," he said.

Barker said Lemon will likely face some new competition next spring.

"We'll take the off-season, we'll evaluate where things are at and go forward from there," he said.

Lemon plans on returning.

"I want to be here," he said, calling his first CFL season a great learning experience. "This is where I want to be. I feel like I'm the leader of this team and I want to lead them to a Grey Cup."

One player who will definitely be back in a starting role is running back Cory Boyd, though he's hoping to be a little richer next season.

"They gave me an opportunity," said Boyd, "Hopefully, they'll give me a longer contract ... I'm looking forward to staying here."

TORSTAR NEWS SERVICE

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Kulemin finds scoring touch against Stars

Leafs centre nets two goals against Dallas ◗ His only other multi-goal game also came against Stars ◗ Gustavsson makes 21 saves for the win

NATHAN DENETTE/THE CANADIAN PRESS

▶ Nikolai Kulemin celebrates his second goal against Dallas last night.

Nikolai Kulemin wishes he saw more of the Dallas Stars.

The Toronto Maple Leafs forward scored twice last night to help his team to a 4-1 victory over the Stars — a Western Conference opponent they face just once per season.

Coincidentally, the only other multi-goal performance of Kulemin's 171-game career came last year against the Stars. He now his seven goals on the season, tying him for second on the team with linemate Clarke MacArthur.

Tyler Bozak and Kris Versteeg had the other goals for the Maple Leafs (8-9-3), who got 21 saves from Jonas Gustavsson. Brad Richards replied for Dallas (10-8-1).

4	1
LEAFS	STARS

Gustavsson continued his strong play in relief of J.S. Giguere, who has missed three games with a minor groin injury. The Leafs backup has stopped 87 of 91 shots during that stretch.

All the offence he needed last night came off Kulemin's stick.

The Russian winger opened the scoring while doing something coach Ron Wilson has been preaching all season — standing in front of the net. Luke Schenn's point shot was tipped by both Mikhail Grabovski and Kulemin, leaving Kari Lehtonen with little hope of stopping the puck at 10:52 of the first period.

That wasn't the case on Kulemin's second goal. The Stars goaltender let out a juicy rebound before he buried his second chance at 14:05 of the middle period.

Richards made it 2-1 just 86 seconds later. He one-timed a shot past Gustavsson after teammate Steve Ott made a nice play to carry the puck around the net and found him with a backhand pass.

Toronto restored its two-goal lead before the intermission when Nazem Kadri picked up his fourth assist in five games this season. The Leafs rookie found Bozak, who beat Lehtonen high at 17:07 of the second period.

Kadri narrowly missed scoring the first goal of the NHL career in the third period after beating a defenceman and getting off a shot while falling to the ice.

THE CANADIAN PRESS

Expect a lockout: NBA union

NBA players' association executive director Billy Hunter said yesterday he is "99 per cent sure" there will be a lockout next summer.

"I think it's highly probable that there will be a lockout and that's what I'm preparing for because I don't see anything else right now," Hunter said.

With negotiations toward a new collective bargaining agreement to replace the one that expires next summer going nowhere, Hunter said he has been instructing his players to save their money.

There was no breakthrough in the latest meeting with league representatives last week, and the sides hope to meet again next month. But Hunter said the owners aren't budging on their demands for cuts in salaries, contract lengths and guarantees, annual raises, and the rookie salary scale.

"What's left?" Hunter said in a conference room at the union's headquarters after helping distribute turkeys to 2,000 families outside.

THE ASSOCIATED PRESS

$800M

The league is calling for a reduction in player salary costs of $700 million to $800 million US and is seeking a hard salary cap to replace the system that now allows for certain exceptions. The players counter that the current system has worked, pointing to record revenues.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	22	14	6	2	0	78	55	30	9-4-0-0	5-2-2-0	7-2-1-0	W2
d-Washington	22	14	6	1	1	74	64	30	10-1-0-1	4-5-1-0	6-2-1-1	L3
d-Montreal	21	13	7	1	0	53	42	27	7-4-1-0	6-3-0-0	6-4-0-0	L1
Tampa Bay	21	12	7	2	0	65	65	26	5-2-1-0	7-5-1-0	5-5-0-0	W4
Pittsburgh	22	12	8	2	0	69	59	26	5-5-1-0	7-3-1-0	6-3-1-0	W3
NY Rangers	22	12	9	1	0	65	60	25	5-6-1-0	7-3-0-0	6-4-0-0	W2
Boston	19	11	6	0	2	55	38	24	4-4-0-2	7-2-0-0	4-4-0-2	L2
Ottawa	21	10	10	1	0	52	67	21	6-4-0-0	4-6-1-0	6-4-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-0-1	3-5-0-2	W1
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	19	9	10	0	0	52	48	18	5-3-0-0	4-7-0-0	5-5-0-0	L1
New Jersey	21	6	13	1	1	41	65	14	2-5-1-1	4-8-0-0	3-6-0-1	W1
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	20	13	7	0	0	61	49	26	8-1-0-0	5-6-0-0	6-4-0-0	L1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	19	13	6	0	0	55	44	26	6-5-0-0	7-1-0-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	19	10	8	0	1	57	57	21	7-3-0-1	3-5-0-0	5-4-0-1	L2
Nashville	19	9	7	3	0	47	51	21	3-1-3-0	6-6-0-0	4-6-0-0	L1
Calgary	20	8	11	1	0	59	61	17	5-5-0-0	3-6-1-0	2-7-1-0	L2
Edmonton	19	5	10	1	3	49	77	14	2-5-0-1	3-5-1-2	2-6-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 4 Dallas 1
New Jersey 5 Washington 0
N.Y. Rangers 2 Calgary 1
Philadelphia 3 Montreal 2
Columbus 2 Nashville 0
Ottawa 3 Los Angeles 2
Tampa Bay 3 Boston 1
Pittsburgh 3 Florida 2

Sunday's results
Edmonton 4 Anaheim 2
Detroit 5 Calgary 4 (OT)
Phoenix 3 Vancouver 2
Atlanta 2 N.Y. Islanders 1 (OT)

Tonight's games
(All times Eastern)
Edmonton at Phoenix, 9 p.m.

RANGERS 2, FLAMES 1

First Period
No Scoring.
Penalties — Bourque Cal (interference) 0:14, Kostopoulos Cal (roughing), Sauer NYR (boarding) 7:10, Kostopoulos Cal, Sauer NYR (fighting) 10:13, Meyer Cal, Sauer NYR (fighting) 17:06, Callahan NYR (slashing) 18:12.
Second Period
1. N.Y. Rangers, Boyle 9 (Girardi) 2:08
2. Calgary, Iginla 9 (Bouwmeester, Stajan) 5:16
3. N.Y. Rangers, Girardi 2 (Stepan) 12:41 (pp)
Penalty — Glencross Cal (high-sticking) 12:27.
Third Period
No Scoring.
Penalty — Dubinsky NYR (high-sticking) 1:14.
Shots

Calgary	6	11	15	32
N.Y. Rangers	8	8	8	24

Goal — Calgary: Kiprusoff (L,7-10-1); N.Y. Rangers: Biron (W,5-2-0). **Power plays (goals-chances)** — Calgary: 0-2; N.Y. Rangers: 1-2.
Att. — 17,845 (18,200) at New York.

FLYERS 3, CANADIENS 2

First Period
1. Montreal, Lapierre 3 (Pouliot, Halpern) 11:51
2. Montreal, Lapierre 4 (Pouliot, Halpern) 16:07
Penalty — Pronger Pha (cross-checking) 0:24.
Second Period
3. Philadelphia, Leino 4 (Briere, Hartnell) 14:53
Penalties — Hamrlik Mtl (tripping) 0:15, Pouliot Mtl (tripping) 5:58, Coburn Pha (roughing) 16:55.
Third Period
4. Philadelphia, Giroux 12 (Powe, O'Donnell) 1:48
5. Philadelphia, van Riemsdyk 1 (Coburn, Richards) 7:42
Penalties — Halpern Mtl (slashing) 5:53, Hartnell Pha (boarding) 7:13, Briere Pha (holding) 10:21.
Shots

Montreal	15	5	11	31
Philadelphia	9	21	15	45

Goal — Montreal: Price (L,12-7-1); Philadelphia: Boucher (W,3-3-1). **Power plays (goals-chances)** — Montreal: 0-4; Philadelphia: 0-3.
Att. — 19,753 (19,537) at Philadelphia.

LEAFS 4, STARS 1

First Period
1. Toronto, Kulemin 6 (Grabovski, Schenn) 10:52
Penalties — Barch Dal, Orr Tor (fighting) 2:26, Neal Dal (slashing) 7:24, Orr Tor (slashing) 17:16.
Second Period
2. Toronto, Kulemin 7 (Grabovski, MacArthur) 14:05
3. Dallas, Richards 10 (Ott, Eriksson) 15:31
4. Toronto, Bozak 3 (Kadri, Versteeg) 17:07
Penalty — Kadri Tor (hooking) 10:11.
Third Period
5. Toronto, Versteeg 6 19:49 (en)
Penalties — None.
Shots

Dallas	6	9	7	22
Toronto	7	10	10	27

Goal — Dallas: Lehtonen (L,9-7-1); Toronto: Gustavsson (W,3-4-1). **Power plays (goals-chances)** — Dallas: 0-2; Toronto: 0-1.
Att. — 19,266 at Toronto.

SENS 3, KINGS 2

First Period
1. Ottawa, Kovalev 6 (Gonchar, Phillips) 10:00 (pp)
2. Los Angeles, Kopitar 7, 16:17
Penalties — Smyth LA (fighting), Campoli Ott (fighting, roughing; served by Foligno) 6:19, Simmonds LA (tripping) 8:23.
Second Period
3. Los Angeles, Smyth 7 (Williams) 7:52 (pp)
4. Ottawa, Michalek 5 (Alfredsson) 19:04
Penalties — Phillips Ott (interference) 7:02, Gonchar Ott (cross-checking) 8:40, Westgarth LA, Neil Ott (fighting) 11:08, Winchester Ott (hooking) 19:50.
Third Period
5. Ottawa, Spezza 6 (Kovalev, Carkner) 11:19
Penalties — Simmonds LA (high-sticking) 0:43, Hale Ott (interference) 14:04.
Shots

Los Angeles	12	7	11	30
Ottawa	8	7	4	19

Goal — Los Angeles: Quick (L,11-3-0); Ottawa: Leclaire (W,1-3-1). **Power plays (goals-chances)** — Los Angeles: 1-5; Ottawa: 1-2.
Att. — 18,315 (19,153) at Ottawa.

SCORING LEADERS

	G	A	PT
Stamkos, TB	20	15	35
Crosby, Pgh	15	20	35
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
B.Richards, Dal	10	15	25
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
M.Richards, Pha	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	12	11	23
Perry, Ana	10	13	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
Sharp, Chi	12	10	22
Eriksson, Dal	9	13	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Datsyuk, Det	7	15	22
Hejduk, Col	7	15	22
J.Williams, LA	9	12	21
Getzlaf, Ana	7	14	21
Ladd, Atl	7	14	21
Malkin, Pgh	7	14	21
P.Stastny, Col	8	12	20
Plekanec, Mtl	7	13	20
Zetterberg, Det	7	13	20
Kopitar, LA	7	13	19
Lidstrom, Det	3	17	20
Liles, Col	3	17	20
Dubinsky, NYR	12	7	19
Ryan, Ana	9	10	19
Neal, Dal	8	11	19
Byfuglien, Atl	7	12	19
Heatley, SJ	7	12	19
Toews, Chi	9	9	18
Alfredsson, Ott	8	10	18
Horton, Bos	8	10	18
Marleau, SJ	8	10	18
MacArthur, Tor	7	11	18
Letang, Pgh	3	15	18

CFL

98TH GREY CUP

WEEK 22

Sunday's game
(All times Eastern)
At Edmonton
Montreal vs. Saskatchewan, 6:30 p.m

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Sunderland 2 Everton 2

SPAIN

LA LIGA

Yesterday's results
Getafe 1 Zaragoza 1

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	10	4	.714	—
New York	6	8	.429	4
Toronto	5	9	.357	5
New Jersey	4	9	.308	5½
Philadelphia	3	10	.231	6½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	9	4	.692	—
Atlanta	8	6	.571	1½
Miami	8	6	.571	1½
Charlotte	5	8	.385	4
Washington	4	8	.333	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	7	4	.636	—
Indiana	6	6	.500	1½
Cleveland	5	7	.417	2½
Detroit	5	8	.385	3
Milwaukee	5	8	.385	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	12	1	.923	—
New Orleans	11	1	.917	½
Dallas	8	4	.667	3½
Memphis	5	9	.357	7½
Houston	3	10	.231	9

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	10	4	.714	—
Utah	10	5	.667	½
Portland	8	6	.571	2
Denver	7	6	.538	2½
Minnesota	4	11	.267	6½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	12	2	.857	—
Golden State	7	6	.538	4½
Phoenix	7	7	.500	5
Sacramento	4	9	.308	7½
L.A. Clippers	1	13	.071	11

Last night's results
Boston 99 Atlanta 76
Indiana 93 Miami 77
Oklahoma City 117 Minnesota 107
Phoenix 123 Houston 116
San Antonio 106 Orlando 97
Utah 94 Sacramento 83
Denver at Golden State
New Orleans at L.A. Clippers
Sunday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110, OT
L.A. Lakers 117 Golden State 89
Tonight's games
(All times Eastern)
Cleveland at Indiana, 7 p.m.
Atlanta at New Jersey, 7 p.m.
Philadelphia at Washington, 7 p.m.
Charlotte at New York, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Chicago at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	11	101	88	308	28.0
Ellis, GOL	13	129	61	337	25.9
Bryant, LAL	14	120	100	359	25.6
Rose, CHI	11	109	45	277	25.2
Nowitzki, DAL	12	112	64	293	24.4
Anthony, DEN	13	117	73	317	24.4
Martin, HOU	12	80	100	285	23.8
Westbrook, OKC	13	95	111	305	23.5
James, MIA	13	102	88	304	23.4
Gordon, LAC	12	93	83	280	23.3
Stoudemire, NYK	14	119	81	324	23.1
Wade, MIA	12	91	82	275	22.9
Gasol, LAL	14	127	65	319	22.8
Scola, HOU	12	110	51	271	22.6
Beasley, MIN	13	115	47	291	22.4
Gay, MEM	14	121	44	307	21.9
Bargnani, TOR	14	112	61	304	21.7
Williams, UTA	14	98	87	302	21.6
Howard, ORL	12	89	79	257	21.4
Granger, IND	11	84	39	234	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CHICAGO WHITE SOX—Claimed RHP Waldis Joaquin off waivers from San Francisco.

NATIONAL LEAGUE
CINCINNATI REDS—Agreed to terms LHP Dontrelle Willis on a minor league contract.
HOUSTON ASTROS—Named Tom Lawless manager, Don Alexander pitching coach, Stubby Clapp hitting coach and Eric Montague athletic trainer for Corpus Christi (Texas).
LOS ANGELES DODGERS—Named Dave Hansen hitting instructor, Trey Hillman bench coach, Davey Lopes first base coach and Tim Wallach third base coach.
NEW YORK METS—Named Terry Collins manager.
PHILADEPHIA PHILLIES—Named Mark Parent manager of Reading (EL), Mickey Morandini manager of Williamsport (N.Y.-Penn) and Chris Truby manager of Lakewood (SAL).

BASKETBALL

NBA

WASHINGTON WIZARDS—Signed G-F Alonzo Gee. Waived G Lester Hudson.

NBA DEVELOPMENT LEAGUE

RIO GRANDE VALLEY VIPERS—Signed G Antonio Anderson. Waived C Jordan Eglseder.

FOOTBALL

NFL

LEAGUE OFFICE—Fined Oakland DL Richard Seymour $25,000, for striking Pittsburgh QB Ben Roethlisberger in the helmet in a Nov. 20 game.
CINCINNATI BENGALS—Placed S Chris Crocker and DE Frostee Rucker on the injured reserve list. Signed CB Jonathan Wade. Activated DE Antwan Odom.
MINNESOTA VIKINGS—Fired coach Brad Childress. Named Leslie Frazier interim coach.

HOCKEY

NHL

NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL). American Hockey League SAN ANTONIO RAMPAGE—Assigned D Nick Ross to Las Vegas (ECHL).

ECHL

LEAGUE OFFICE—Suspended Elmira's Brennan Turner one game and fined him an undisclosed amount for his actions in a Nov. 21 game at Reading. Fined Toledo's Adam Keefe and Florida's Mike Egener undisclosed amounts for their actions in a Nov. 19 game at Florida.

LACROSSE

NLL

CALGARY ROUGHNECKS—Named Bob McMahon defensive coordinator.
MINNESOTA SWARM—Re-signed F Andrew Watt and F Travis Hill to two-year contract extensions and G Nick Patterson and D Matt Kelly to one-year contracts.

SOCCER

MLS

PORTLAND TIMBERS—Acquired D-MF Jeremy Hall from New York for a 2011 third-round draft pick. Acquired an international roster slot for the 2011 and 2012 seasons from the LA Galaxy in exchange for allocation money.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	8	2	0	.800	238	177
New England	8	2	0	.800	289	242
Miami	5	5	0	.500	172	208
Buffalo	2	8	0	.200	213	276
SOUTH						
Jacksonville	6	4	0	.600	220	270
Indianapolis	6	4	0	.600	268	216
Tennessee	5	5	0	.500	257	198
Houston	4	6	0	.400	244	287
NORTH						
Baltimore	7	3	0	.700	233	178
Pittsburgh	7	3	0	.700	235	165
Cleveland	3	7	0	.300	192	206
Cincinnati	2	8	0	.200	215	262
WEST						
Kansas City	6	4	0	.600	243	207
Oakland	5	5	0	.500	238	223
San Diego	5	5	0	.500	274	211
Denver	3	7	0	.300	217	287

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Philadelphia	7	3	0	.700	284	226
N.Y. Giants	6	4	0	.600	253	220
Washington	5	5	0	.500	202	245
Dallas	3	7	0	.300	229	271
SOUTH						
Atlanta	8	2	0	.800	256	192
New Orleans	7	3	0	.700	235	170
Tampa Bay	7	3	0	.700	209	206
Carolina	1	9	0	.100	117	252
NORTH						
Chicago	7	3	0	.700	191	146
Green Bay	7	3	0	.700	252	146
Minnesota	3	7	0	.300	172	226
Detroit	2	8	0	.200	234	237
WEST						
Seattle	5	5	0	.500	185	233
St. Louis	4	6	0	.400	177	198
San Francisco	3	7	0	.300	160	219
Arizona	3	7	0	.300	188	292

WEEK 11

Last night's result
San Diego 35 Denver 14
Sunday's results
Atlanta 34 St. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seattle 19
N.Y. Jets 30 Houston 27
Pittsburgh 35 Oakland 3
Tampa Bay 21 San Francisco 0
Washington 19 Tennessee 16 (OT)
Philadelphia 27 N.Y. Giants 17
Thursday's result
Chicago 16 Miami 0

WEEK 12

(All times Eastern)
Thursday, Nov. 25
New England at Detroit, 12:30 p.m.
New Orleans at Dallas, 4:15 p.m.
Cincinnati at N.Y. Jets, 8:20 p.m.
Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Miami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Denver, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
San Diego at Indianapolis, 8:20 p.m.
Monday, Nov. 29
San Francisco at Arizona, 8:30 p.m.

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NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

PLAYER	GP	G	APTS	+/-	PIM
Perry	23	10	13	23	2
Selanne	22	8	14	22	-2
Getzlaf	23	7	14	21	-2
Ryan	23	9	10	19	5
Visnovsky	23	3	15	18	4
Koivu	23	9	4	13	-1
Blake	22	3	5	8	-1
Lydman	19	2	6	8	12
Fowler	17	1	7	8	-6
Carter	18	1	2	3	-4
Parros	22	1	1	2	-3
Marchant	22	0	2	2	-9
Lilja	16	0	2	2	-4
Mara	22	0	2	2	-5
Sexton	8	0	1	1	-4
Brookbank	18	0	0	0	-6
Bonino	11	0	0	0	-2
Chipchura	11	0	0	0	-1
Green	11	0	0	0	-2
Sbisa	9	0	0	0	-7
Voros	7	0	0	0	-3
Sutton	2	0	0	0	-3
McMillan	1	0	0	0	-1
Hiller	18	0	0	0	0
McElhinney	6	0	0	0	0

ATLANTA

PLAYER	GP	G	APTS	+/-	PIM
Ladd	21	7	14	21	-1
Byfuglien	21	7	12	19	29
Enstrom	21	2	14	16	-2
Kane	21	8	6	14	-9
Bergfors	18	5	9	14	-1
Peverley	21	3	9	12	-4
Antropov	20	6	5	11	-10
Stewart	21	5	6	11	-1
Burmistrov	21	3	5	8	4
Little	15	3	4	7	2
Modin	15	4	2	6	-6
Eager	21	3	3	6	3
Oduya	21	0	6	6	-1
Thorburn	21	3	1	4	-1
Slater	16	2	1	3	-4
Bogosian	15	1	2	3	-8
Sopel	20	1	1	2	3
Boulton	15	1	1	2	3
Hainsey	21	0	1	1	4
Dawes	6	0	0	0	-6
Meyer	5	0	0	0	-2
Welch	2	0	0	0	-1
Mason	13	0	0	0	0
Pavelec	11	0	0	0	0
Mannino	1	0	0	0	0

BOSTON

PLAYER	GP	G	APTS	+/-	PIM
Horton	18	8	10	18	11
Lucic	18	10	7	17	11
Bergeron	18	3	10	13	7
Recchi	18	2	11	13	3
Ryder	18	5	6	11	-4
Krejci	12	2	8	10	3
Chara	18	4	5	9	12
Seguin	18	4	4	8	0
Wheeler	18	4	3	7	2
Marchand	18	2	5	7	3
Seidenberg	18	0	7	7	5
Thornton	18	4	1	5	2
Caron	17	3	2	5	6
Campbell	18	2	3	5	0
Hunwick	18	1	2	3	5
Boychuk	8	0	3	3	3
Stuart	18	0	2	2	-2
Ference	18	0	2	2	13
McQuaid	10	0	1	1	-1
Paille	7	0	1	1	-1
Thomas	13	0	1	1	0
Rask	6	0	0	0	0

BUFFALO

PLAYER	GP	G	APTS	+/-	PIM
Roy	22	9	14	23	4
Vanek	22	8	9	17	-5
Leopold	22	5	9	14	4
Connolly	22	5	8	13	-9
Ennis	22	5	6	11	6
Montador	22	3	8	11	14
Myers	22	5	3	8	-8
Stafford	14	4	4	8	-1
Grier	22	3	5	8	-1
McCormick	21	3	5	8	-2
Niedermayer	21	0	6	6	-2
Hecht	22	2	3	5	-4
Kaleta	21	2	3	5	0
Gaustad	22	1	4	5	0
Sekera	21	0	3	3	-1
Pominville	13	1	3	4	-8
Butler	13	0	3	3	0
Gerbe	12	0	3	3	1
Morrisonn	16	0	1	1	-12
Rivet	14	0	1	1	-6
Ellis	6	0	0	0	0
Weber	2	0	0	0	-1
Miller	14	0	0	0	0
Enroth	4	0	0	0	0
Lalime	5	0	0	0	0

CALGARY

PLAYER	GP	G	APTS	+/-	PIM
Tanguay	19	6	11	17	0
Iginla	19	8	8	16	-3
Bourque	19	5	9	14	-5
Morrison	19	4	11	15	3
Stajan	17	1	12	13	4
Hagman	19	6	5	11	-2
Glencross	18	6	3	9	3
Babchuk	19	3	5	8	-2
Giordano	19	3	5	8	2
Jokinen	17	2	6	8	-1
Bouwmeester	19	2	4	6	7
Backlund	19	3	2	5	3
Moss	8	2	3	5	2
Jackman	19	2	2	4	-4
Kostopoulos	19	1	3	4	-2
Sarich	16	0	4	4	3
Regehr	19	0	3	3	3
Conroy	16	2	0	2	-1
Meyer	14	0	2	2	0
Mikkelson	14	0	2	2	-2
Staios	9	0	1	1	-1
Sutter	4	0	1	1	-1
Brodie	3	0	0	0	-3
Pardy	2	0	0	0	0
Ivanans	1	0	0	0	-1
Kiprusoff	17	0	0	0	0
Karlsson	3	0	0	0	0

CAROLINA

PLAYER	GP	G	APTS	+/-	PIM
Staal	20	9	14	23	-2
Jokinen	20	4	13	17	-5
Skinner	20	6	10	16	-4
LaRose	20	6	6	12	-3
Ruutu	20	4	8	12	-7
Pitkanen	18	2	9	11	4
Cole	20	4	6	10	3
Samsonov	16	4	6	10	1
Sutter	20	4	5	9	9
Dwyer	20	5	3	8	3
Corvo	20	4	4	8	-2
White	18	2	5	7	-10
Gleason	20	3	3	6	-2
McBain	20	0	5	5	4
Harrison	20	0	3	3	-1
Matsumoto	10	2	0	2	-2
Tlusty	11	1	1	2	2
O'Sullivan	10	1	0	1	-1
Bodie	10	0	1	1	-3
Dalpe	7	0	0	1	0
Bowman	8	0	0	0	1
Carson	3	0	0	0	2
Ward	17	0	0	0	0
Peters	5	0	0	0	0

CHICAGO

PLAYER	GP	G	APTS	+/-	PIM
Sharp	22	12	10	22	-10
Kane	22	8	14	22	-5
Toews	23	9	9	18	6
Hossa	18	8	9	17	2
Keith	23	1	12	13	-6
Seabrook	23	3	9	12	2
Brouwer	23	3	8	11	0
Stalberg	22	6	4	10	-3
Bickell	20	4	6	10	3
Kopecky	22	2	8	10	-11
Dowell	23	3	5	8	7
Skille	22	3	5	8	5
Pisani	23	4	3	7	-1
Campbell	10	1	4	5	2
Bolland	17	1	3	4	2
Boynton	21	0	4	4	-1
Cullimore	17	0	3	3	4
Leddy	6	1	0	1	-1
Hjalmarsson	21	0	1	1	-5
Scott	16	2	0	2	5
Hendry	11	0	0	0	-2
Smith	3	0	0	0	-2
Potulny	2	0	0	0	-1
Morin	2	0	0	0	0
Brophey	1	0	0	0	0
Pirri	1	0	0	0	-1
Turco	17	0	0	0	0
Crawford	7	0	0	0	0

COLORADO

PLAYER	GP	G	APTS	+/-	PIM
Stewart	20	11	13	24	2
Hejduk	20	7	15	22	-4
Stastny	20	8	12	20	-1
Liles	20	3	17	20	11
Duchene	20	3	14	17	6
Jones	17	9	4	13	9
Winnik	20	5	3	8	-1
Yip	18	5	3	8	1
O'Reilly	20	1	6	7	5
Porter	14	5	1	6	7
Gallardi	14	2	4	6	2
Hannan	20	0	6	6	4
Dupuis	18	2	3	5	4
Shattenkirk	9	2	3	5	2
Cumiskey	11	1	4	5	0
McLeod	20	2	1	3	-1
Mauldin	6	1	2	3	2
Wilson	15	0	3	3	2
Foote	11	0	3	3	-1
Gulik	5	1	1	2	3
Holos	12	0	2	2	3
Olver	4	0	2	2	1
Liffiton	4	1	0	1	2
O'Byrne	9	0	1	1	3
Quincey	13	0	0	0	0
Cohen	3	0	0	0	-1
Budaj	12	0	0	0	0
Anderson	8	0	0	0	0

COLUMBUS

PLAYER	GP	G	APTS	+/-	PIM
Nash	17	12	4	16	0
Brassard	18	5	10	15	3
Umberger	18	6	6	12	8
Voracek	18	4	8	12	0
Clark	16	3	7	10	2
Methot	18	0	10	10	11
Wilson	13	4	5	9	3
Vermette	18	3	4	7	2
Dorsett	17	2	4	6	0
Pahlsson	18	1	5	6	0
Filatov	18	0	6	6	2
Huselius	7	3	2	5	-2
MacKenzie	15	2	3	5	2
Klesla	18	1	4	5	16
Stralman	14	0	5	5	1
Boll	12	2	2	4	3
Commodore	5	1	2	3	0
Murray	4	1	2	3	3
Tyutin	18	0	3	3	-4
Moreau	5	1	1	2	1
Hejda	16	1	0	1	5
Russell	12	0	1	1	1
Holden	5	0	0	0	0
Guenin	3	0	0	0	-3
Blunden	1	0	0	0	-1
Mason	12	3	0	3	0
Garon	7	0	0	0	0

DALLAS

PLAYER	GP	G	APTS	+/-	PIM
Richards	18	9	15	24	10
Eriksson	18	9	12	21	13
Neal	18	8	11	19	11
Ribeiro	18	2	15	17	2
Morrow	18	8	4	12	1
Benn	15	3	7	10	-4
Robidas	17	2	8	10	10
Ott	18	4	3	7	-4
Daley	18	1	4	5	1
Segal	16	2	1	3	-2
Niskanen	18	0	3	3	3
Burish	18	1	0	1	-2
Wandell	17	2	0	2	0
Petersen	18	1	1	2	-3
Sutherby	13	1	1	2	-3
Grossman	18	0	2	2	2
Skrastins	18	0	2	2	5
Fistric	15	0	1	1	-2
Larsen	1	0	1	1	-2
Barch	10	0	0	0	-3
Woywitka	3	0	0	0	-1
Gagnon	1	0	0	0	0
Leftonen	16	0	1	1	0
Raycroft	3	0	0	0	0

DETROIT

PLAYER	GP	G	APTS	+/-	PIM
Datsyuk	18	7	15	22	5
Zetterberg	18	7	13	20	5
Lidstrom	18	3	17	20	3
Bertuzzi	18	3	12	15	11
Cleary	18	9	5	14	2
Franzen	17	9	4	13	1
Holmstrom	18	6	4	10	0
Rafalski	8	0	10	10	6
Filppula	18	4	5	9	3
Kronwall	18	4	5	9	5
Stuart	18	2	7	9	8
Abdelkader	10	3	4	7	8
Modano	18	2	5	7	-2
Eaves	14	3	2	5	2
Helm	18	1	4	5	4
Hudler	16	1	4	5	-5
Salei	18	0	5	5	4
Miller	14	1	2	3	-2
Ericsson	10	1	0	1	4
Kindl	11	1	0	1	-3
Janik	7	0	0	0	-2
Howard	14	0	0	0	0
Osgood	4	0	0	0	0

EDMONTON

PLAYER	GP	G	APTS	+/-	PIM
Whitney	19	0	17	17	2
Hemsky	19	6	9	15	5
Horcoff	16	6	6	12	-2
Eberle	19	7	4	11	-2
Gagner	19	5	6	11	0
Hall	19	4	5	9	-8
Foster	18	2	6	8	-6
Jones	19	4	2	6	-3
Paajarvi	18	2	4	6	-3
Gilbert	19	3	2	5	-6
Peckham	16	1	4	5	2
Cogliano	19	1	3	4	-10
Fraser	19	2	1	3	1
Brule	18	2	1	3	-8
Smid	16	0	3	3	-2
Vandermeer	14	0	2	2	3
Stortini	13	0	2	2	1
Strudwick	11	0	0	0	-9
MacIntyre	6	0	0	0	0
Jacques	3	0	0	0	0
Belle	3	0	0	0	-1
Khabibulin	15	0	0	0	0
Dubnyk	6	0	0	0	0

FLORIDA

PLAYER	GP	G	APTS	+/-	PIM
Frolik	17	4	8	12	8
Booth	18	5	6	11	-4
Reasoner	18	4	7	11	7
Weiss	17	5	5	10	1
Wideman	18	2	8	10	0
McCabe	18	1	9	10	7
Dvorak	18	4	5	9	2
Olesz	17	2	7	9	0
Santorelli	18	6	2	8	1
Matthias	16	3	4	7	2
Sulliman	16	2	5	7	4
Higgins	18	3	3	6	3
Allen	18	2	4	6	2
Reinprecht	14	3	2	5	-1
Weaver	18	1	4	5	-1
Bernier	14	1	4	5	0
Kulikov	18	0	3	3	2
Ellerby	7	0	3	3	5
Hordichuk	11	1	0	1	1
Garrison	11	1	0	1	-3
Repik	2	0	0	0	0
McArdle	1	0	0	0	0
Thomas	1	0	0	0	0
Vokoun	15	0	0	0	0
Clemmensen	5	0	0	0	0

LOS ANGELES

PLAYER	GP	G	APTS	+/-	PIM
Williams	19	9	11	20	8
Kopitar	19	6	13	19	3
Stoll	19	7	10	17	9
Brown	19	9	5	14	8
Johnson	19	1	13	14	-2
Smyth	19	6	5	11	9
Handzus	19	4	4	8	-1
Simmonds	19	4	3	7	1
Doughty	13	1	6	7	7
Richardson	19	4	1	5	5
Mitchell	13	1	4	5	7
Drewiske	19	0	5	5	-1
Scuderi	19	0	5	5	7
Ponikarovsky	13	2	2	4	2
Parse	5	1	3	4	5
Loktionov	7	1	2	3	-1
Lewis	9	0	2	2	-5
Schenn	8	0	2	2	-1
Harrold	7	0	2	2	0
Westgarth	16	0	1	1	-5
Muzzin	11	0	1	1	-2
Clifford	15	0	0	0	-8
Greene	13	0	0	0	2
King	3	0	0	0	-1
Quick	13	0	0	0	0
Bernier	6	0	0	0	0

MINNESOTA

PLAYER	GP	G	APTS	+/-	PIM
Havlat	19	3	14	17	1
Koivu	19	4	12	16	6
Cullen	19	4	11	15	-4
Burns	17	6	5	11	-4
Brunette	19	3	7	10	-2
Miettinen	14	5	4	9	-1
Zidlicky	14	2	6	8	0
Clutterbuck	19	7	0	7	-2
Madden	19	4	2	6	-5
Latendresse	8	3	3	6	2
Schultz	19	1	5	6	-3
Brodziak	19	2	2	4	-1
Barker	15	0	3	3	-5
Nystrom	11	0	1	1	-2
Falk	16	0	2	2	2
Stoner	9	0	2	2	0
Kobasew	11	1	0	1	-7
Zanon	19	0	1	1	1
Staubitz	18	0	1	1	-1
Wellman	12	0	1	1	-2
Scandella	5	0	1	1	-2
Earl	4	0	0	0	-1
Almond	4	0	0	0	-1
Gillies	3	0	0	0	0
Kassian	2	0	0	0	-1
Backstrom	15	0	0	0	0
Theodore	4	0	0	0	0

MONTREAL

PLAYER	GP	G	APTS	+/-	PIM
Plekanec	19	7	13	20	5
Kostitsyn	20	7	7	14	4
Cammalleri	19	6	8	14	9
Gionta	20	5	6	11	1
Halpern	20	4	7	11	3
Pouliot	20	5	4	9	4
Subban	20	1	7	8	6
Spacek	20	1	7	8	3
Hamrlik	18	1	7	8	4
Gorges	20	1	6	7	-1
Gomez	20	2	4	6	1
Darche	15	3	2	5	6
Moen	20	2	3	5	3
Lapierre	20	2	1	3	-3
Markov	7	1	2	3	2
Picard	12	1	0	1	8
Boyd	9	0	1	1	0
Gill	20	0	1	1	-5
Eller	19	0	1	1	-3
Pyatt	18	0	1	1	-3
Weber	1	0	0	0	0
Price	19	0	1	1	0
Auld	1	0	0	0	0

NASHVILLE

PLAYER	GP	G	APTS	+/-	PIM
O'Reilly	18	4	9	13	4
Sullivan	18	5	5	10	4
Hornqvist	18	5	4	9	-2
Goc	12	5	4	9	5
Franson	18	4	4	8	5
Dumont	18	3	5	8	7
Tootoo	17	2	6	8	4
Legwand	17	2	6	8	-3
Weber	18	2	5	7	-6
Bouillon	17	1	6	7	3
Ward	18	2	4	6	-3
Wilson	18	2	4	6	2
Klein	18	1	5	6	2
Erat	11	1	4	5	3
Suter	8	0	4	4	4
O'Brien	18	2	1	3	-3
Kostitsyn	14	2	1	3	-5
Smithson	18	1	1	2	-3
Spaling	11	0	1	1	-3
Sulzer	10	0	0	0	-2
Belak	4	0	0	0	-1
Lombardi	2	0	0	0	-1
Laakso	1	0	0	0	0
Klasen	1	0	0	0	-1
Rinne	13	0	0	0	2
Lindback	7	0	0	0	0

NEW JERSEY

PLAYER	GP	G	APTS	+/-	PIM
Elias	20	2	10	12	-8
Arnott	20	6	6	12	-4
Kovalchuk	19	4	6	10	-10
Langenbrunner	16	3	6	9	-6
Zajac	20	2	7	9	1
Zubrus	20	2	7	9	-7
Greene	20	2	6	8	-12
Parise	12	3	3	6	-1
Clarkson	20	3	2	5	-9
Taormina	17	3	2	5	-2
Tallinder	20	1	3	4	-9
Vasyunov	11	1	3	4	2
Tedenby	5	2	1	3	-1
Corrente	9	0	3	3	-2
Rolston	6	1	1	2	-2
Mills	4	1	0	1	1
Pelley	20	0	1	1	-4
White	19	0	0	0	3
Mair	17	0	0	0	4
Magnan	14	0	0	0	-4
Sestito	9	0	0	0	-1
Volchenkov	8	0	0	0	6
Urbom	7	0	0	0	-3
Gionta	6	0	0	0	-1
Josefson	6	0	0	0	-2
Eckford	4	0	0	0	-1
Fraser	4	0	0	0	0
Letourneau-Leblond	2	0	0	0	-2
Brodeur	17	0	0	0	0
Hedberg	6	0	0	0	0
McKenna	1	0	0	0	0

N.Y. ISLANDERS

PLAYER	GP	G	APTS	+/-	PIM
Moulson	20	8	5	13	-8
Wisniewski	18	2	11	13	-15
Tavares	17	7	4	11	-15
Parenteau	19	4	6	10	-7
Comeau	20	3	6	9	-8
Nielsen	20	2	7	9	-2
Weight	18	3	6	9	-3
Bailey	18	3	3	6	-3
Grabner	16	4	1	5	-3
Jurcina	10	2	1	3	-1
Martinek	20	1	2	3	-4
Mottau	20	0	3	3	-12
Niederreiter	9	1	2	3	-1
Schremp	6	1	1	2	-5
Konopka	20	0	2	2	-4
Hunter	16	0	2	2	-4
Hillen	11	0	2	2	-5
Martin	12	1	0	1	-7
Sim	15	0	1	1	-7
Gervais	11	0	1	1	-4
Eaton	20	0	0	0	-7
Gillies	12	0	0	0	-1
MacDonald	7	0	0	0	1
Reese	3	0	0	0	-3
Joensuu	2	0	0	0	-2
DiPietro	8	0	0	0	4
Roloson	12	0	1	1	0

N.Y. RANGERS

PLAYER	GP	G	APTS	+/-	PIM
Dubinsky	21	12	7	19	-4
Callahan	20	5	12	17	-4
Anisimov	21	7	8	15	-4
Frolov	21	5	6	11	2
Fedotenko	21	5	6	11	5
Girardi	21	1	10	11	6
Stepan	21	4	6	10	-1
Boyle	21	8	1	9	0
Gaborik	9	4	5	9	4
Avery	21	1	8	9	4
Christensen	20	2	5	7	8
Rozsival	15	2	6	8	-4
Zotto	21	2	4	6	-3
Staal	21	3	2	5	6
Prust	21	0	5	5	-1
Sauer	15	0	3	3	7
Gilroy	14	0	3	3	4
Boogaard	16	1	1	2	1
White	11	1	1	2	1
Eminger	19	0	1	1	-3
Drury	1	0	0	0	-1
Lundqvist	15	0	1	1	0
Biron	7	0	0	0	0

OTTAWA

PLAYER	GP	G	APTS	+/-	PIM
Alfredsson	20	9	7	16	-6
Spezza	15	5	8	13	2
Gonchar	20	4	9	13	-13
Karlsson	20	4	7	11	-5
Regin	20	1	9	10	1
Kovalev	20	5	4	9	-4
Fisher	20	5	3	8	-8
Michalek	16	4	3	7	-4
Kelly	20	3	3	6	-3
Shannon	19	2	4	6	-2
Foligno	20	0	5	5	-5
Winchester	19	2	2	4	-3
Neil	20	1	3	4	1
Campoli	20	1	3	4	-3
Ruutu	20	1	2	3	1
Smith	10	2	0	2	-4
Hale	10	1	1	2	2
Phillips	20	0	2	2	-10
Kuba	4	0	2	2	-3
Carkner	20	0	1	1	4
Lee	7	0	0	1	2
Elliott	16	0	0	0	0
Lehner	2	0	0	0	0
Leclaire	6	0	0	0	0

PHILADELPHIA

PLAYER	GP	G	APTS	+/-	PIM
Richards	21	9	14	23	5
Giroux	21	11	11	22	6
Carter	21	10	7	17	5
Leino	21	3	13	16	8
Briere	18	10	4	14	8
Hartnell	21	6	8	14	9
Pronger	19	3	9	12	4
Timonen	21	1	10	11	4
Zherdev	19	7	1	8	3
Nodl	12	5	3	8	5
Powe	21	3	4	7	5
Betts	21	3	4	7	7
Carle	21	0	7	7

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PSYCHIC

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I am mentally and metaphysical birth shaman spiritual master. I have the power and the ability to remove any kind of curse spell or sorcery, performed spiritual healings, exorcisms, spells regressions or cleans your home or vehicle and business.

I thought everything in my life was over, the day my wife went away with my best friend, taking the most cherished of my life that was my little girl, but thanks to God and Dukas do Santos, a shaman who really knows and knows the secrets of the earth. My wife returned repentant and loving me more than ever, now my home is perfect because Dukas destroy all the bad energy around me. Thanks. *Lourdes*
Every problem has a solution, every disease has a cure, only giving lengthen, here is the solution, where all have failed you, I hit, I do not miss any work, I have no margin of error, 33 years of experience backing me, I am against who cheats and steal, come and see for yourself that this exists.
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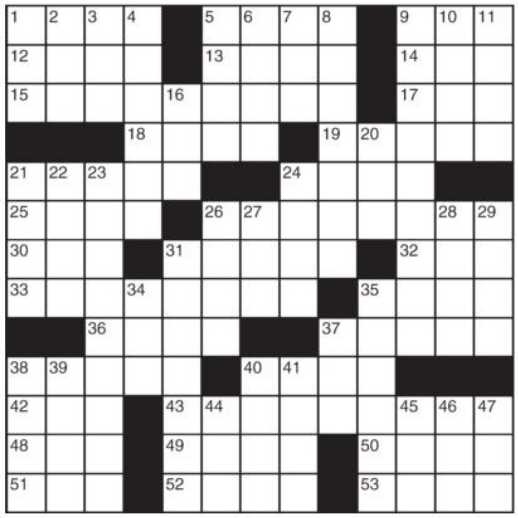
Crossword



Across

1 Baseball headgear
5 Flaccid
9 That woman
12 Sandwich cookie
13 Declare
14 Massachusetts cape
15 Football interplay
17 Carpet
18 Horse of another color?
19 At that point
21 Bewildered
24 Cat call
25 Spiked club
26 Not rigid
30 Blunder
31 French seaport
32 Atmosphere
33 Brownish songbirds
35 Dog bane?
36 Squad
37 Decorates unnecessarily
38 Desert plants
40 St. Vincent Millay
42 "This tastes awful!"
43 Acquired however possible
48 Sheltered side
49 Grand tale
50 Give a darn
51 1960s hallucinogen
52 Cold and clammy
53 Paradise

Down

1 Romaine lettuce
2 Curved line
3 Apiece
4 Evening get-together
5 Dalai
6 Terrible guy?
7 "Family Guy" daughter
8 Alleged purpose
9 Nut
10 Session with a shrink
11 Advantage
16 Extinct kin of the kiwi
20 polloi
21 Iowa city
22 Bank bailout acronym
23 Relieved an itch
24 Disarray
26 Gift-tag preposition
27 Kareem, long ago
28 Told a whopper
29 Geological periods
31 Cooked slowly in a closed pot
34 On pension (Abbr.)
35 Husband-to-be
37 Wildebeest
38 Select from a group
39 Census statistics
40 Ireland
41 Wharf structure
44 Bookkeeper (Abbr.)
45 Wander about
46 Before
47 Lair3 .

▶ Yesterday's answer

A	N	T	E	■	J	A	W	■	T	R	O	T
R	E	I	N	S	U	R	E	■	O	A	T	H
C	O	M	M	U	N	A	L	■	U	N	T	O
■	■	■	E	D	O	■	C	A	P	T	O	R
F	L	O	S	S	■	B	O	R	E	■	■	■
R	A	S	H	■	C	O	M	M	E	N	T	■
O	I	L	■	A	L	O	E	S	■	O	O	H
■	C	O	M	M	A	N	D	■	D	I	M	E
■	■	■	E	A	V	E	■	D	E	R	B	Y
A	L	U	M	N	I	■	E	E	L	■	■	■
M	E	S	O	■	C	O	M	M	U	T	E	R
A	V	E	R	■	L	E	M	O	N	A	D	E
T	I	D	Y	■	E	R	A	■	E	X	E	C

Sudoku

		6		1			9	
						7		
1	4	2	8	7				5
2		5	3			1		
				5				
		3			6	2		8
3				8	1	6	2	7
		8						
	5			3		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

3	2	5	9	6	4	7	8	1
8	1	9	2	7	3	4	6	5
4	7	6	8	5	1	9	2	3
7	9	3	6	1	8	5	4	2
2	8	4	3	9	5	1	7	6
6	5	1	4	2	7	8	3	9
1	6	2	7	8	9	3	5	4
5	4	7	1	3	6	2	9	8
9	3	8	5	4	2	6	1	7

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Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.
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Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way!
LOVE, JOEL XOXOXO

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.
XTASCY

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what. cant wait for the months ahead!
WITH LOTS OF LOVE - AARON

Today 12°/-2° Partly cloudy
Wednesday 4°/0° Mainly sunny

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

♉ Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

♊ Gemni May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ignore it.

♋ Cancer June 22-July 22 It may seem as if your progress on the work front is limited, but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

♌ Leo July 23-Aug.23 You seem to be having some heavy thoughts today. Most likely it's just the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape it forever, you know.

♍ Virgo Aug. 24- Sept. 22 You may be the victim of a whispering campaign, but there is no reason to get worked. Most likely it is one disgruntled person stirring things up. Everyone else still likes you.

♎ Libra Sept. 23-Oct. 23 Saturn in your sign makes it difficult for you to understand why people act in certain ways, but there's no point getting annoyed because you won't change them.

♏ Scorpio Oct. 24-Nov. 22 You are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

♐ Sagittarius Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought – that's inviting disappointment. Take your time and get it right.

♑ Capricorn Dec. 22-Jan. 20 Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

♒ Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to help. It's what you're good at.

♓ Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them.
SALLY BROMPTON

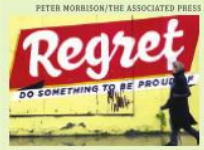
Caption contest

ALIK KEPLICZ/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image to the right and send it to metronews.ca — the winning caption will be published in tomorrow's Metro.

PETER MORRISON/THE ASSOCIATED PRESS



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Hotel Beach Plaza • 3 1/2 ★
Breakfast
Luxe island view rm.
Jan. 8 - 29 • 1 wk.
$1059
+Taxes & other fees: $189

DOMINICAN REPUBLIC

La Romana

Gran Bahia Principe La Romana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 1 - 22 • 1 wk.
$1199
+Taxes & other fees: $157

GRENADA

The Flamboyant Hotel & Villas • 3 ★
All-Inclusive
Standard rm.
Jan. 1 • 1 wk.
$1539
+Taxes & other fees: $185

BAHAMAS

Nassau

Sandals Royal Bahamian Spa Resort & Offshore Island
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Jan. 16 • 4 nts.
$300 instant credit
$1129
+Taxes & other fees: $110

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5 ★
PRIVILEGES
All-Inclusive
Standard rm.
Jan. 8 • 1 wk.
$1299
+Taxes & other fees: $251

Puerto Vallarta/ Riviera Nayarit

Golden Crown Paradise • 4 ★
All-Inclusive
Oceanview rm.
Dec. 21 • 1 wk.
$1499
+Taxes & other fees: $286

CUBA

Cayo Coco/Cayo Guillermo

TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Dec. 24 & 25 • 1 wk.
$1169
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Jan. 13 & 20 • 1 wk.
$1299
+Taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

SAINT LUCIA

Coconut Bay Beach Resort & Spa • 4 ★
All-Inclusive
Air Canada Vacations
Deluxe garden view rm.
Jan. 10 & 14 • 1 wk.
$1599
+Taxes & other fees: $90

USA

Las Vegas

Tropicana Las Vegas • 3 ★
Best in class - Tower deluxe rm.
Dec. 12 - 14 • 3 nts.
$399
+Taxes & other fees: $150

New York City

Wellington Hotel • 3 ★
Double one-bed rm.
Jan. 10 - 31 • 3 nts.
$499
+Taxes & other fees: $117

CRUISE

Royal Caribbean International[2]

Serenade of the Seas®
Southern Caribbean Cruise
Flight to San Juan
Interior stateroom, cat. M
Mar. 19 • 1 wk.
$1089
+Taxes & other fees: $125

Iberostar Rose Hall Beach

IBEROSTAR HOTELS & RESORTS

JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★
All-Inclusive
Standard garden view rm.
Jan. 5 - 12 & 15 - 19 • 1 wk.
$1299
+Taxes & other fees: $104

Iberostar Rose Hall Suites • 5 ★
All-Inclusive
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Jan. 5 - 12 & 15 - 19 • 1 wk.
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+Taxes & other fees: $104

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